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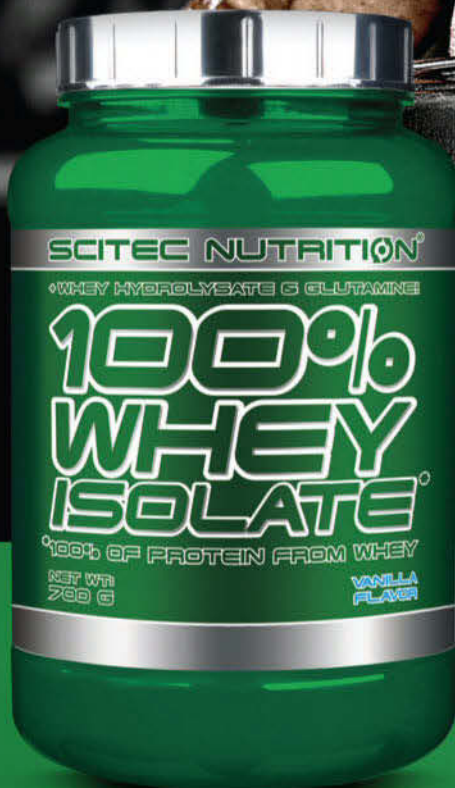
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## FIND YOUR HERO

CHOOSE A ROLE MODEL TO EMULATE IN BOTH  
PHYSIQUE AND CHARACTER

**Q I don't know whom to trust for training these days. Whom should I learn from? – ELI F**

**There are many great resources for fitness** information – including this magazine – but with so many voices, which do you listen to? That's why I believe finding a role model is the best way to get on the right path and stay there.

Reg Park was mine. A dominant bodybuilding champion in the 1950s, he had the massive Herculean look I wanted for myself, so I trained like Reg. He had also made the transition to movie star and businessman. By studying how he accomplished his goals, I found the blueprint for my own success.

Select a role model who looks the way you want to look but shares some genetic similarities. If you're naturally very thin, don't choose someone like Franco Columbu

to emulate when Frank Zane's approach would probably suit you better. This way, your role model provides the inspiration and practical know-how to achieve attainable fitness goals.

But beyond what a role model can do for your body, consider how he will inspire your mind and spirit. Apart from his other accomplishments, Reg Park was a great humanitarian. He made me want to be more than just rich and famous but to give back to the world, which is my main mission now. He's still my hero, and always will be.

**YOURS IN IRON,**

**ARNOLD SCHWARZENEGGER**

**Reg Park  
(No. 60)  
inspired  
Arnold  
inside and  
outside  
the gym.**

COURTESY OF WEIDER HEALTH AND FITNESS

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# 1<sup>ST</sup> SET



BY PHIL HEATH, FOUR-TIME REIGNING MR OLYMPIA

## GIFTED

AN INSIDE LOOK  
AT HEATH'S ROAD  
TO THE O

■ Phil Heath's documentary *Gifted* offers an insider's view of Heath's pursuit of the Mr Olympia title - the insiders being Heath's family and friends (including Jay Cutler, Lou Ferrigno and Hany Rambod). Shot between 2009 and 2012, the views include intense training sessions and behind-the-scenes Olympia footage - and a lot of insight into the unseen challenges the Gift faced along the way. Slated for release in 2015, check out the *Gifted* trailer on YouTube.

## (PRE) EXHAUST YOURSELF FOR SIZE

BOOST YOUR GAINS WITH THIS TRIED-AND-TRUE TECHNIQUE

**Q** I've been told that I shouldn't pre-exhaust to build size. But you use this technique. Why do you think pre-exhaust is effective?

The training strategy that succeeds is going to be different for every bodybuilder. For me, it's not all about getting up the

most weight - it's about what pushes my muscles harder. Using pre-exhaust makes the rest of the workout more difficult.

Pre-exhaust consists of taking a single-joint isolation movement to failure before moving on to a heavier compound movement. Examples would be doing lateral raises before shoulder presses or doing leg extensions before squats

- like Arnold Schwarzenegger did in *Pumping Iron*. Fatiguing the muscle this way leads to greater fibre recruitment, which leads to growth.

I use pre-exhaust a lot before contests. Employing this technique, I can train hard on every set without worrying about using the biggest weights and risking injury. Sure, I could use more weight without it, but pre-exhaust does the job.



# TRI THIS

PRESS YOUR WAY  
TO TITANIC TRICEPS  
WITH THIS CLASSIC

**Q** Which exercise is best for adding serious size to triceps?

**Close-grip bench presses**, no contest. I always do them during my triceps workouts, and the reason is simple: the big benchers, like Kevin Levrone, always have great triceps. Here's what I do:

**1** Take a grip that leaves about 35cm between your thumbs and stop your descent about 7-8cm above your chest.

**2** Press up and momentarily lock out. Your focus should be on trying to take the chest out of the exercise and on working the tris as much as you can. Obviously, you can't take the chest totally out of the exercise, but you have to make that connection with your triceps to get the most out of it.

## CUTLER'S TRICEPS TAKEDOWN

EXERCISE	SETS	REPS
V-bar pushdown*	3	12-15
One-arm rope extension	3	12-15
Close-grip bench press**	3	12-15
Lying triceps extension	7	10-12

\*Preceded by 2 warm-up sets

\*\*Preceded by one or two warm-up sets



# FOREVER YOUNG

**Name:** Paul Perkins

**Age:** 52

**Lives:** Perth, WA

**Off season weight:** 105kgs

**Competition weight:** 97 Kgs

**Occupation:** public officer

**Interests:** travelling, rugby league, go-karting

**Began training:** a long time ago

**Training programme:** major body parts twice a week/six days a week routine

**Currently trains at:** Goodlife Healthclubs, WA

**Favourite exercise:** deadlift

**Reason for starting training:** to complement my team sports

**Role model/inspiration:** Frank Zane, Tony Freeman, Nick Jones and Scott Goble

**Plans and ambitions:** to be a role model to older men. To continue to make a statement that age should never define you.

**I would like to thank:** Ray Walton, Adam Baker, Mike O'Mara and Graeme Lancefield.

## COMPETITION HISTORY

### 2004 NABBA/WFF

Western Australia Championships

**WFF Class One:** 1st place.

### 2005 NABBA/WFF

Western Australia Championships

**WFF masters:** 1st place.

### 2005 NABBA/WFF

Southern Hemisphere Championships

**WFF masters** 1st place.

### 2006 NABBA/WFF

Southern Hemisphere Championships

**WFF masters:** 1st place and overall WFF Champion.

### 2006 WFF Universe Championships, Austria

**Over 40 athletic class:** 2nd place.

### 2008 NABBA/WFF

Western Australia Championships

**WFF masters:** 1st place and Overall Champion of both NABBA/WFF division winners.

### 2008 NABBA/WFF

Southern Hemisphere Championships

**WFF Masters:** 1st place and Overall WFF champion.

### 2008 WFF Universe Championships, Germany

**Over 40 superbody class:** 1st place.

### 2015 IFBB Western Australia Championships (O'Mara classic)

**Over 40 masters class:** 1st place.

### 2015 IFBB Arnold Classic, Melbourne

**Over 50 masters:** 1st place.



“I want to continue to make a statement that age should never define you.”



# THE WILL TO WIN

2015 ARNOLD CLASSIC PHYSIQUE WINNER SADIK HADZOVIC OFFERS TIPS TO ELEVATE YOUR TRAINING TO THE NEXT LEVEL

**You can tell by looking at Sadik Hadzovic** that he knows his way around a gym. That's because it's a job requirement. Well, for his second job, anyway. After Hadzovic finishes his day job as a real estate property manager, he puts in overtime at New York's Bev Francis Powerhouse Gym in order to maintain his status as a top-tier IFBB physique pro. The 2015 Arnold Classic Physique winner has trained at Bev's for years, absorbing workout knowledge like a sponge. Adding to Hadzovic's training education were "old-school Dorian Yates workout videos" and his trainer, IFBB great Dennis James, the creator of MTUT (Menace Time Under Tension).

"MTUT starts with a 30-second rep followed by three fast reps," Hadzovic says. "I preserve my joints by doing fewer sets and reps while forcing as much blood into the muscle as possible."

## HADZOVIC'S STATS

**AGE** 27

**HEIGHT** 180CM

**WEIGHT** 86KG

**RESIDENCE**

NEW YORK, US

**TWITTER**

@SADIKHADZOVIC

Hadzovic cites giving "maximum effort every second for 12 weeks" and visualising himself being awarded the trophy as the keys to his Arnold Classic win.

"The first six weeks of my contest prep, I do high reps and the final six weeks is heavy weight, low reps and low rest periods," he explains.

For cardio, Hadzovic does high-intensity interval training for 30-45 minutes six weeks out from a show; that drops to about 15 minutes as the contest nears. Steady-state cardio is reserved for when he's "lean enough." When Hadzovic feels a craving for junk food coming on, he resists by drinking water to feel fuller. "Another method: write down your goal when you get a craving," he says.

Lastly, Hadzovic suggests allowing the mind to lead the body to victory.

"Be goal-oriented and envision what your ideal physique is or you'll never have the mental edge you need."



## HADZOVIC'S SHOULDER WORKOUT

EXERCISE	SETS	REPS
Seated barbell press	4	10
superset with behind-the-neck barbell press	4	10
Dumbbell lateral raise	5	10
superset with upright row	5	20
Dumbbell bentover lateral raise	3	15
Machine shrug	4	20

# OH, SO GOOD

**IFBB BIKINI PRO ASHRIEL OSGOOD IS A MUM AND A PERSONAL TRAINER. HERE ARE 10 MORE REASONS TO FEEL GOOD ABOUT HER.**



**2** My goal is to make it to the Olympia stage. Whether it takes blood or tears, I will step onto that stage one day.

**3** I love leg day to the point where I might have a leg fetish. If I could work on my legs all day I'd be happy. I love sexy legs.

**4** A juicy burger and sweet potato fries are the perfect cheat meal.

**5** My bikini top split when I was getting ready to go onstage once. I was devastated and embarrassed, but thankfully one of the girls offered me her extra suit. I frantically got changed and walked to the line-up, praying it fit. I had no idea what it looked like, but thank God it fit.

**6** My dad loved Arnold Schwarzenegger; he'd make spaghetti and we'd watch *The Terminator* while we ate dinner.

**7** I listen to rap and hip-hop when I lift. When I'm doing cardio, I listen to Joel Osteen a lot.

**8** My husband is motivational and often pushes me in the gym - sometimes a little too much! I'm like, "Babe, enough of the heavy lifting, I just need to do a *little* shoulder work!" He can also eat whatever he wants; he'll order pizza... and I'll sit there with a container of chicken, totally depressed.

**9** I always thought I'd make a good court reporter because I'm fast with my fingers.

**10** "The body believes what the mind achieves" is my favourite quote. When I first started competing I realised that so much of what a competitor goes through is mental.



# AN INSIDE LOOK

A DEXA SCAN CAN GIVE YOU A DETAILED LOOK AT YOUR BODY COMPOSITION

**When you're trying to strip fat and gain muscle,** you want to know that your program is working. That's why a regular DEXA scan is a great idea for anyone looking to make big gains. It can show you where you're getting it right – and where you're getting it wrong.

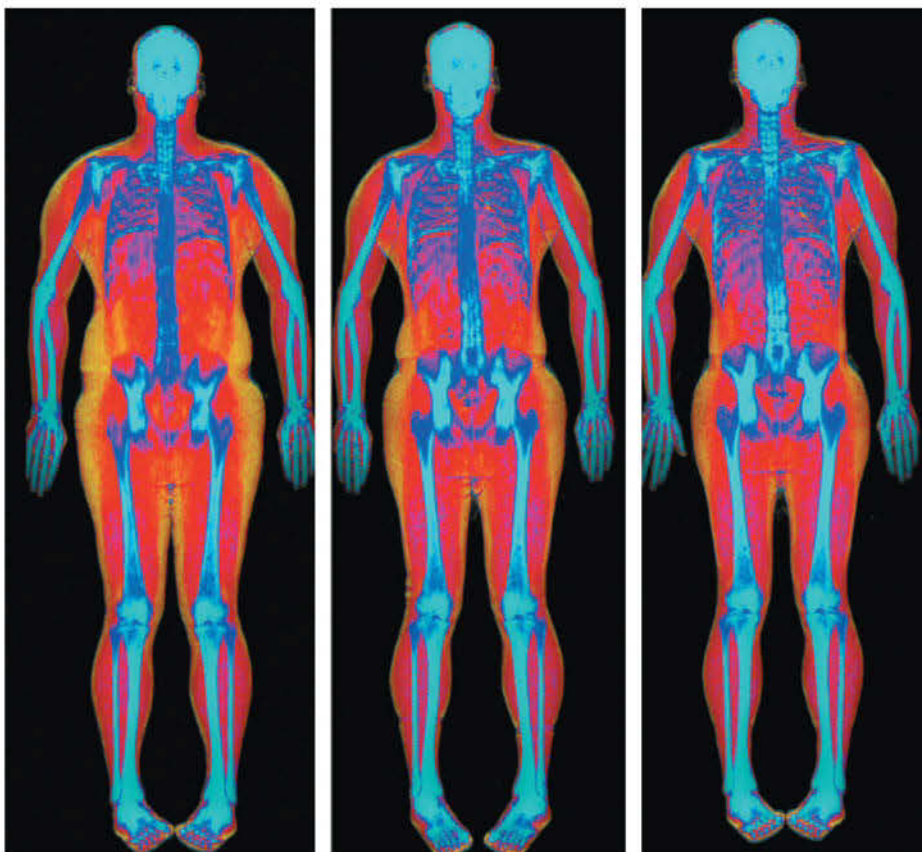
A DEXA (dual-energy X-ray absorptiometry) scan is a very low energy X-ray that specifically measures muscle, bone and fat – right down to one-tenth of a gram.

"It's not the sort of X-ray that produces a diagnostic image. It's a measurement tool," says Dr Jarrod Meerkin, an exercise physiologist from MeasureUp, who offer scans around the country. "The DEXA works by passing two different energies of X-ray through your body – one looks at hard tissue or bone and the other looks at soft tissue. It determines the different types of tissue by its density and gives that a unit in mass. First and foremost it's a tool to diagnose osteoporosis; its secondary use is as a total body scan."

For a regular fit bloke, Dr Meerkin estimates a body fat percentage of around eight to 10 per cent. But for someone who competes or wants to compete, you need to get that figure a little lower.

"We recently had Calum von Moger (Mr Universe) come in for a scan," Dr Meerkin says. "He's in his off season, but keeps in constant good shape. He was around the seven per cent range. Those guys who are coming in for their diet phase or just prior to competition are usually hitting around six to seven per cent." The lowest body fat recording MeasureUp have seen had in a pro body builder is 5.6 per cent.

"For someone who is competing, a scan around once every three months is ideal," says Dr Meerkin. Not just for body fat percentages, but to make sure there are no muscle imbalances. "The scan can also help if you are seeking greater symmetry. That's quite important if you have plans on competing, as it's one of the judging criteria."



From left to right: before, during and after scans following a weight-loss program (yellow is fat).

## A DEXA SCAN IS A USEFUL TOOL FOR TRACKING YOUR PROGRESS

If you're embarking on a new program, a scan before and after can give you a fantastic idea of whether the program has worked.

"Some hypertrophy programs might be less than others, 10, 12, 14 weeks," says Dr Meerkin. "It

depends. But a DEXA is a very useful tool for tracking progress. If your diet's spot on and the program doesn't work, you don't want to keep repeating that program for the sake of it. You want to try something different."

### HOW DO I GET A DEXA SCAN?

MeasureUp offer scans around Australia through their mobile scanning fleet, and they have a head office in Sydney's Pitt Street. An initial scan costs \$90 – follow-up scans cost less. Head to [measureup.com.au](http://measureup.com.au) to find out more, or follow them on Facebook ([facebook.com/measureup](https://facebook.com/measureup)) to find out where they'll be scanning next.

## TRAINING TIPS TO POWER UP YOUR WORKOUTS



BY GREG MERRITT

# GIANT SETS

CAN ROUTINES  
MADE UP ENTIRELY  
OF GIANT SETS LEAD  
TO GIANT GAINS?

■ So you've got dough, tomato sauce, mozzarella cheese and turkey pepperoni. The prospect of eating each individually, cold and uncooked, is not very appetizing. But stack them together and apply heat and you can bake the perfect cheat meal – pizza. This is the logic of giant sets, which combine four or more exercises into what is, in effect, one extended set. The sum is greater than the parts. “Going giant” has long been a way of upping workout intensity, but for

some bodybuilders it's more. It's a training philosophy. For extended periods, you can cook up consistent gains by making giant sets the main dish of your routines.

### GOING GIANT

First, let's define some terms. A superset consists of a set of two exercises paired together, performed without rest. A triset is the same thing but with three exercises, while a giant set consists of four or more exercises. Those lifts can be for the same body



part (such as quadriceps) or neighbouring body parts (quads, hams, glutes). Generally speaking, the more exercises you do, the more diverse they should be. A lower body giant set might consist of leg extensions, front squats, leg presses, leg curls and lunges, thus combining isolation exercises

(leg extensions, leg curls) with compound exercises (front squats, leg presses, lunges), all while hitting quads, hams and glutes in the same sequence.

Done correctly with no pause between subsets, this is exhausting. It's difficult to keep your intensity up throughout an

array of disparate lifts. What's more, it can be a logistical challenge to jump from station to station without rest in a crowded gym. While you're doing leg extensions or squats, someone might jump on the leg press and someone else might hog the only leg curl machine. These are the

## GIANT-SET TIP SHEET

Unless you have access to a sparsely populated gym, line up your equipment ahead of time, minimising the distance from one exercise to the next.

Rotating through the exercises with at least one partner will help you keep dibs on equipment.

Abs are an excellent giant-set target. Even if you do only straight sets for every other body part, you can benefit from working your ab exercises in a rotation long-term.

Choose a wide diversity of exercises. For this reason, your biceps (stressed with only curls) are not a great giant-set target. In contrast, your back (with a plethora of machine and free-weight rows and pulldowns) is an excellent candidate.



## GIANT-SET BASICS

Do giant sets occasionally to increase intensity or for extended periods of six to eight weeks to boost growth and fat burning.

Spend as little time as possible between exercises.

Rest for two to four minutes between giant sets.

To determine how much work to do, count each component as a set. Our sample shoulder workout has five sets. Run through it three or four times for 15 to 20 total sets.

To maintain your focus for 50-plus reps, push each exercise to failure. This way, you'll fail every 10 or so reps.



**A GOOD HURT**

**“Training with giant sets hurts, but it’s a good hurt, because I see it working.”**

**— HIDEYADA YAMAGISHI**

key reasons why giant sets are rarely performed for anything but abs. If done at all, most trainers use them as an occasional means of turning up the heat.

They don’t have to be side dishes. They can be the main course – or the only course. Some bodybuilders, most notably Milos Sarcev, have constructed routines made up only of giant sets. Sarcev postulated that such exercise medleys were the most effective vehicles to drive glycogen and protein to muscles. *FLEX* followed three Sarcev pro protégés in 2007, including Hidetada Yamagishi, as they plowed through a pre-

contest barrage consisting of a six-exercise chest giant set (three times), a seven-exercise back giant set (three times), and an eight-exercise shoulder giant set (twice). Number of dashes to the locker room to puke: two.

Giant sets are similar to circuit training. (The difference is that circuits work the entire body.) As with circuit training, we don’t recommend going giant as a year-long strategy. But for extended periods of six to eight weeks, it can shock you into greater gains and provide the sort of minimum-rest workouts that subtract body fat while adding muscle.

**GIANT-SET  
SHOULDER WORKOUT**

EXERCISE	REPS
Dumbbell lateral raise	10-12
Dumbbell seated rear lateral	10-12
Barbell front raise	10-12
Dumbbell overhead press	10-12
Barbell wide-grip upright row	10-12



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# BACK IT UP

FOCUS ON FORM TO BUILD A BIG BACK

**Q** What kind of back routine were you doing before you won your first Sandow?

I focused on range of motion and on holding the weight at its contraction point. My reps were a little bit slower, taking momentum out of the equation – which was a huge part of my development leading up to the 2011 Olympia.

On the rowing exercises, for example, I was really just trying to get a solid contraction and a good stretch at the top. I had to learn to focus on form instead of pure strength.

## HEATH'S BACK ROUTINE

EXERCISE	SETS	REPS
Pull-up	4	8-12
Seated cable row	4	8-10
Barbell row	4	8-10
One-arm dumbbell row	4	8-10
Rack deadlift	4	8-10

## HEATH SPEAKS!

Mr O talks training with *Fighter & The Kid*

■ Mr O joined *Fighter & The Kid* podcast hosts Bryan Callen and Brendan Schaub for a conversation filled with expressions of mutual admiration. Heath elicited some respectful comments from the host for the poundages he

**"I WANT TO BREAK THE RECORD WITH NINE MR. OLYMPIAS. BUT YOU KNOW WHAT? NINE SOUNDS COOL, BUT 10 SOUNDS AWESOME."**

— PHIL HEATH

could heft and then traded awe-filled gym stories about UFC heavyweight Todd Duffee. Schaub, a UFC heavyweight (and no stranger to hard training), couldn't get over the discipline that top bodybuilders like Heath maintain year-round. Check out the conversation on YouTube.



# UPPER PEC BLAST

THE BENEFITS WILL BE FELT ALL AROUND

**Q** What do you suggest to bring up the lower chest?

If you talked to Neil [Hill, Lewis' trainer], he would tell you he's never seen an upper chest that truly overpowered the lower chest. As a result, his strategy has always been to focus workouts on the upper chest—knowing that when it's done correctly, the chest is going to be sore everywhere, upper and lower.

Before I started working with Neil, my chest training wasn't as consistent. One session would be good and the next not so good. Working with Neil helped

me establish a stronger mind-muscle connection with my chest, and I started getting strong contractions where I could actually feel my chest working. What I've learned is that the weight is irrelevant—attention to detail makes all the difference.

Little things, like not locking out at the top of presses—instead I stop about three inches (7.5cm) above my chest, which helps me keep my delts and triceps out of it—had a big effect. Squeezing is important if you want to feel the results through your chest.

## LEWIS' CHEST ROUTINE

EXERCISE	SETS	REPS
Cable flye	2 (warm-up)	15-20
Incline dumbbell press	4	10-15
Hammer strength incline press	4	8-15
Pec deck	3	12-20
Dip (legs back)	2	30-50 (to failure)



PAVEL YTHALL

# ONCE, TWICE, THREE TIMES?

HOW MANY TIMES PER WEEK SHOULD YOU TRAIN?

## HYPOTHESIS

Research shows that training three to four times a week may be the most effective frequency to make gains.

## RESEARCH

In a study from the University of Rio de Janeiro in Brazil, subjects were divided into three groups to train with a different weekly frequency: twice per week (Tues, Thurs); three times per week (Mon, Wed, Fri); or four times per week (Tues, Wed, Thurs, Fri). Each group used the same full-body routine each workout. Strength improvements for bench press, lat pulldown and leg press were measured at four and eight months.

## FINDINGS

Strength improvements were not significantly different among groups. However, the group training four times weekly did show a greater percentage change from baseline.

## CONCLUSION

Although some studies have shown that training should be performed three, four or even five times per week, this study suggests that over time, the differences in strength gains between low- and high-frequency training get smaller and smaller. This study also shows that training a muscle group two days in a row might, in some cases, produce the greatest gains.

## APPLICATION

■ You shouldn't worry if you have time to train only twice a week. You can still make good gains over time if you're consistent. A full-body workout may be your best option if you're training only twice weekly because it will ensure that all muscle groups get adequate attention.



**Consistency is the key to maintaining gains - even if you train only twice per week.**

PAVEL YTHAL





# SPORTS NUTRITION

TRAIN HARD » LIVE LARGE

## BULKING RECOVERY

### BENEFITS - ETERNAL MASS

- » Contains amino acids such as Taurine, Glutamine and BCAAs for muscle growth and recovery
- » Slow release formula
- » Great tasting, easy mix formula in both creamy vanilla and chocolate flavour

### BENEFITS - HEAVY GAINER

- » Greater muscle retention
- » Slow releasing formula for night time
- » Great tasting, easy – mix formula in creamy vanilla and chocolate
- » Helps gain weight and maintain it

### BENEFITS - MUSCLE BAR DELUXE

- » Sustained energy
- » Helps support muscle repair
- » Boosts energy levels



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# DEAD RIGHT

BLAST THROUGH  
DEADLIFT  
STICKING POINTS



**I am frequently asked** about how to break through deadlift plateaus. For some, that means breaking the bar off the ground at the start, while for others it's through the midrange of the lift. Then there are those guys who struggle with locking out at the top. Here are some moves to help your deadlift:

## THE START

Stay tight as you begin the movement to avoid losing power. Also, if your flexibility is bad it may be preventing you from getting down into the optimal position. This is why stretching is critical – even for strongmen and powerlifters. Flexibility in the hips, glutes and hamstrings will allow you to sit lower, thereby getting a better centre of gravity at the start.

### 1 Seated box jump

Start in a seated position on a bench and place a box on the floor in front of you. In one explosive movement, launch out of the seated position and jump up onto the box in front of you. Repeat.

### 2 Deficit deadlift

Performing deadlifts while standing on a couple of mats or boards increases the distance that you have to pull the weight. Use lighter weights on all sets.

### 3

**Accommodate resistance**  
Attaching bands or chains to the bar will teach you to pull harder and help build power off the floor.

## THE MIDDLE

The best way to pull an elevated deadlift is by using pulling blocks or pulling the bar off a stack of rubber mats. It's also beneficial to add chains or bands.

## THE END

It's always terrible to fail when you're a matter of inches from completing the lift. Most likely your upper back is the weak link. Try these movements for stronger lockouts:

### 1 Bentover row

Rotate between using a barbell and dumbbells. Make sure when you do this exercise that you pull the weight to your upper abdomen to build upper-back strength where you need it.

### 2 Shrug

Going heavy when you shrug can translate to bigger traps and improvements with your deadlift. Rotate between using barbells, dumbbells or shrugs with a frame or farmer's walk implement.

### SEE MORE

**Brian Shaw is part of Team MHP. For more info, log on to [mhpstrong.com](http://mhpstrong.com) or check out Brian on Facebook.**



## TOM PRINCE'S WONDER WHEELS

■ At his best, Tom Prince, who won the 1997 NPC National Championships, had calves and quads that compared favourably with almost any pro's. Still, it was the sheer size of his hamstrings that ensured his placement on this all-time list. Prince prefers low reps for hamstrings; he built most of his mass with sets in the five- to eight-rep range.

### CONTRACTION PRACTICE

**"When I was starting out, I'd stand in my room and flex my hamstring, curling my leg up and squeezing it as hard as I could. Then I'd replicate that feeling of contraction in the gym the next day during every rep of leg curls."** — TOM PRINCE



# HAM IT UP

## TWO MOVES FOR COMPLETE HAMSTRINGS

■ Better overall hamstring development is important for both symmetry of the thighs and protection against injury. In addition to quad developers like the squat and leg press, you should also be doing hamstring-specific movements such as stiff-leg deadlifts and leg curls. Research has shown lying leg curls do not stress the hamstring in identical fashion as stiff-leg deadlifts: leg curls activate the lower and outer portion (biceps femoris), while stiff-leg deadlifts place greater emphasis on the upper medial portion. For complete hamstring development, combine both leg curls and stiff-leg deadlifts. If the equipment is available, progress from lying leg curls to seated leg curls after six weeks or so. This will increase the degree of stretch on the hamstrings as long as you make a point to sit up straight. To reduce stress on the lower back, perform stiff leg lifts on a hyperextension bench.

### TOTAL HAMSTRINGS WORKOUT

EXERCISE	SETS	REPS
Lying leg curl*	4	8-12
Stiff-leg deadlift	4	8-12

\*After six weeks, progress to four sets of 8-12 reps of seated leg curls.



# REP SPEED

**FAST vs. SLOW - WHICH REIGNS SUPREME?**



When using lighter loads, slow down the tempo.

## OPENING ARGUMENTS

**DEFENSE** A slow, steady and controlled tempo is safer and best for stimulating muscle hypertrophy.

**PROSECUTION** Lifting too slow reduces the amount of weight that can be used and thus limits ability to add weight and make continued gains.

## EVIDENCE

**1** It is speculated that slowing the tempo reduces momentum, thereby increasing tension on the muscle.

**2** Increasing the tempo allows greater loads to be used, potentially increasing the anabolic stimulus.

**3** Lifting weight using a quick tempo is believed to put the lifter at risk of injury.

**4** When lifting speed is increased, form is often sacrificed.

**5** Studies comparing different rep tempos have found no significant difference in hypertrophy between 0.5 seconds all the way up to eight full seconds.

## VERDICT

Growth would appear to be similar when using rep speeds anywhere from 0.5 seconds to eight seconds per rep. The primary stimulus for growth during a set is not the speed with which the muscle contracts.

## SENTENCING

When using lighter loads, slow down the tempo to increase metabolic stress, which you can gauge by the burning sensation. As the weight loads get heavier throughout your training cycle, rep tempo can increase to ensure successful completion of each set.





# STAND DOWN

**TAKING A BREAK BETWEEN SETS CAN IMPROVE PERFORMANCE**

## ■ OPENING ARGUMENTS

### Defense

Between sets, it's important to rest by sitting or lying down to regain your strength and mental drive.

### Prosecution

Sitting or lying down can inhibit motivation to continue your training session.

## ■ EVIDENCE

**1** Subjects who sat or lay down between sets were able to perform more work compared with subjects who stood or kept moving.

**2** Not sitting after exhausting sets can prolong the sense of fatigue.

**3** Active rest between sets may not allow complete myoglobin reoxygenation and/or phosphocreatine resynthesis.

**4** Sitting allows for faster recovery of heart rate than standing.

## ■ VERDICT WHEN POSSIBLE, SIT BETWEEN SETS

Research shows more complete physiological recovery between sets when sitting or lying supine compared with active rest or staying on your feet. This greater recovery increases work capacity on subsequent sets.

## SENTENCING

■ You'll perform better if you sit or lie down between sets. Greater recovery and higher work capacity mean a greater chance of topping your personal bests on each exercise. Keep track of how long you rest with a stopwatch and monitor time between sets.

# TRIPLE THREAT

**THE CURE FOR  
STUBBORN CALVES**

## ■ Calf development

seems to be more dependent on genetics than any other muscle group. Even top bodybuilders can struggle to build their calves. But there are, effective strategies for maximising your calves' genetic potential. The gastrocnemius has two heads: the medial (or inner) head and the lateral (or outer) head. Research has shown that you can shift the emphasis on either head by rotating your foot position in or out when doing standing calf raises. Inward rotation preferentially activates the inner head. Rotating the feet outward preferentially activates the outer head. For full calf development, use all three foot positions either in the same workout or alternate each time you train calves.

## "TURN FOR THE BETTER" CALF WORKOUT

EXERCISE	SETS	REPS
Standing calf raise (toes in)	3	12-15
Standing calf raise (toes out)	3	12-15
Standing calf raise (toes straight)	3	12-15



**NUTRITION TIPS TO FUEL TRAINING AND GROWTH**

# FOOD & SUPPS

## BEEF IS BAD

BY STEVEN STIEFEL

**NO, IT ISN'T. IN FACT, IT'S THE IDEAL MUSCLE-BUILDING FOOD.**

■ Beef was one of the sacred cows of the Western diet in the '40s and '50s. Then it became a vilified food because many beef eaters died of heart disease – never mind the cigarettes, lack of exercise and Beefeaters gin they were guzzling. Today, though, we have a clear understanding of this quintessentially Aussie meat's role in a bodybuilding diet: it's beneficial for supporting muscle gains and provides satiety, so you don't feel the need to consume excess carbs.

Red meat is high in dietary fats and protein. For a time, science concluded (incorrectly) that heart disease was caused by consuming saturated fats. But that has been debunked. Not only are these fats not harmful, they provide the raw materials for hormones such as testosterone that support building muscle mass. In addition, a 285 gram serving of beef contains about 60 grams of protein, depending on the cut. Of course, one of the advantages of consuming red meat is that the aminos are released for a long period, slowed by the complex proteins and, particularly, the fats contained in beef. That makes red meat a great food to consume later in the day when you want a sustained release of amino acids to prevent muscle breakdown while you sleep.

**MYTH BUSTED**





# WINE vs. HARD LIQUOR

WHICH BOOZE IS ACCEPTABLE FOR BODYBUILDING?

One of the misconceptions about why alcohol is bad for a bodybuilder's diet is that it's high in carbs. Truth is, many forms of booze are quite low in carbs. Some red and white wines have less than four grams of carbs per 150ml serving. And vodka and whiskey are examples of hard alcohol with less than one gram of carbs per 45ml jigger. Even light beers contain few carbs.

What booze is high in is – you guessed it – alcohol. It's an infrequently mentioned fact that alcohol is actually a fourth macronutrient. Each gram of alcohol contains seven calories, and that's where you find the preponderance of calories in wine and firewater. Of course, mixed drinks gain calories and carbs from what's added to hard alcohol.

The issue with the calories in alcohol is that they are metabolised very quickly. You probably recognise that from experience if you've ever had a stiff drink on an empty stomach. These calories are then readily converted to stored fat when you don't burn them for energy – which you're not likely to do if you're planted on a bar stool throwing back a few. The questions for bodybuilders, then, are: what amount of alcohol is acceptable and what type is best? Here's a quick overview of the numbers:



## RED WINE

SERVING SIZE (ML)

**150**

CALORIES

**122**

ALCOHOL CONTENT (g)

**16**

## WHITE WINE

SERVING SIZE (ML)

**150**

CALORIES

**121**

ALCOHOL CONTENT (g)

**15**

## VODKA

SERVING SIZE (ML)

**45**

CALORIES

**97**

ALCOHOL CONTENT (g)

**14**

## WHISKEY

SERVING SIZE (ML)

**45**

CALORIES

**105**

ALCOHOL CONTENT (g)

**15**

## GO WITH RED WINE

■ FLEX recommends getting in the healthful nutrients that red wine contains compared with the minimal trade-off in calories and carbs for a neat vodka or whiskey, which have few nutritional benefits. Keep in mind that one alcoholic drink per day of any type may provide health benefits compared with abstinence, and that three to five cocktails in an hour can make you feel as strong as Mr O while almost certainly trashing your diet.

# GO COCONUTS

OIL, THAT IS, FOR A DOSE OF HEALTHY FATS

**Coconut oil has gained** popularity with athletes, including bodybuilders, over the past few years. This goes against the conventional wisdom from many years ago that argued you should avoid coconut oil because it was high in saturated fats. While the conclusion is wrong, the fact upon which it's based is true: coconut oil is high in saturated fats. And that's exactly why you should consume it.

In fact, coconut oil derives about 90% of its calories from saturated fats. Now the preponderance of recent research and medical opinions recognises that saturated fats do not cause the damage of heart disease ascribed to them for decades. In fact, saturated fats are a healthy source of energy, and they provide the raw materials you need to support hormone production.

Coconut oil provides benefits compared with many other whole-food sources of saturated fats because it contains medium-chain triglycerides (MCTs). This type of saturated fat is readily used as an energy source. MCTs go straight to your liver where they're converted to energy (including ketones) that you can then use to support intense training. That's particularly beneficial for athletes on a low-carb plan who want to perform at their peak.

Coconut oil is also a great cooking choice because it has a high-smoke point, meaning it's better for cooking at higher temperatures. It straddles the line between being a solid and a liquid at room temperature, differentiating it from other oils that are liquid at room temperature and those that remain solid.

**Coconut oil contains medium-chain triglycerides, a saturated fat that gets converted to energy.**

## POST-WORKOUT DESSERT? Treat yourself with fat-free sweets to boost recovery

■ There's no time of day when you better deserve – or need – a treat than after a workout. The good news is that many desserts can be a part of your post-workout regimen. The key is to consume sugary treats that are very low in fibre and fats at this time of day. Good examples include angel food cake, jam on white bread and, particularly, meringue.

Meringue is made from table sugar and egg whites, and it's one of the best whole foods for providing you with what you need post-workout to support muscle gains: fast-digesting sugars and protein.

You should add a source of protein to these treats, consuming both right after you finish training. Remember, the goal is to get in fast-digesting protein with sugar to drive nutrients to muscle tissue as quickly as possible to jump-start recovery and maximise growth. Target an equal amount of protein and sugar after workouts, generally 30-50 grams of each.



## MYTH BUSTERS

### Avoid butter on a body-building diet.

■ Body-builders are almost always ahead of the science curve on the benefits of many foods. One place where they have lagged, though, is in the benefits of including moderate amounts of butter in their diets. That's because butter provides few nutrients in addition to the saturated fats it contains. Saturated fats were so demonised by both the medical community and body-builders that many bodybuilders cut these fats from their diets.

But now we know that saturated fats don't cause the long-claimed health harms and that they're important for providing the raw materials necessary to build hormones such as testosterone. Whether you're cutting carbs to reduce body fat or adding calories to increase muscle, butter can help support testosterone production.



**What you really need to support muscle growth is the proper amount of quality calories.**

# COST EFFECTIVE

**I'M AN 18-YEAR-OLD BODYBUILDER WHO WEIGHS 72KG. I WANT TO GET TO 82 BUT DON'T HAVE A LOT OF CASH FLOW. HOW CAN I ADD MORE MUSCLE ON MY BUDGET?**

■ **The good news** is that you can get in enough protein, and it's very affordable. First, though, *FLEX* needs to address a misconception you may have: you don't grow exclusively from consuming protein – you need only about two grams per kilo of body weight each day. Let's go a little on the high side, though, and use your target weight: you should aim to get in about 180 grams of protein every day. What you really need to support muscle growth is the proper amount of quality calories. Follow these budget-friendly tips.

### 1 Rely on inexpensive protein sources

You can pick up many "lesser quality" foods that are higher in protein on the cheap. Keep in mind that you're not a competitive bodybuilder getting ready for the stage. Not only can you afford to consume high-calorie foods that provide a modicum of protein, but you can also make good use of these additional calories. Good choices include fattier cuts of meat, whole-fat milk, cottage cheese, other types of cheeses, deli meat, whole eggs and packaged fish such as tuna and sardines packed in oil.

### 2 Consume plenty of calories every day

You probably need as many as 50 calories per kilo each day to allow your body to add as much muscle mass as it can – that's up to around 4000 calories in your case. When you under-consume calories, your body will take longer to build muscle because it's preferentially fuelling daily activity and your high metabolic rate rather than building muscle tissue. Cheap, good sources of carb calories that you can consume for your goals include pasta, oatmeal, wholegrain breads and sweet potatoes.

### 3 Use the right supplements

Many weight gainers make good pre- and post-workout shakes because they're high in carbs and protein. Another benefit of these products is that they're easy for hardgainers to take in because they're consumed as liquids. To make your own weight-gainer, add equal parts inexpensive whey protein and table sugar and consume this before, during and after workouts. Consider tossing in some creatine – it's relatively inexpensive – to help maximise your muscle growth for the buck.

# WHEY TO GO SLOW

ADD "SLOW DIGESTING" TO THE LIST OF ADVANTAGES  
THIS NEW VERSION OF WHEY PROTEIN HAS OVER CASEIN

**It's no secret that milk is the best food for growth available to humans** – after all, it's often the only thing we consume during the first few months of our lives. It's also no secret that the proteins contained in milk help bodybuilders increase muscle mass once they've reached adulthood. But milk contains more than one type of protein. Generally, these proteins are divided into slow- and fast-digesting forms. Casein is a large, complicated molecule that takes the body much longer to process, delivering its amino acids over several hours. That's great when you want a sustained influx.

But whey has long been known for delivering an amino-acid profile preferable to casein. **It's also a much simpler protein molecule:** the body is able to digest it much more quickly, driving these amino acids to muscle tissue, where it can be utilised almost immediately. However, whey's downfall, until now, has been that it clears your system so quickly that it's not as good for a steady release of aminos compared with casein. MuscleTech has addressed this issue with Micellar Whey, its new protein product that gives you all the advantages of whey's superior amino-acid profile with the sustained-release benefits of casein's. Here's more on the advantages of this innovative protein product:

## MICELLAR WHEY HAS A BETTER BV THAN CASEIN

This slow-digesting form of whey protein contains a better biological value (BV) than casein. Biological value is an important aspect of protein absorption and your body's ability to utilise the protein you consume. You can take in all the protein you want, but if you can't absorb or process it to support muscle growth and other physiological processes, then it just goes to waste, literally. That's not the case for either casein or Micellar Whey. However, whey has a BV of 104, compared with casein's 77. This means both are good sources of slow-digesting proteins, but whey is better.

## MICELLAR WHEY HELPS MUSCLE GROWTH WHILE BOOSTING STRENGTH

This product gives you the amino acids that your body can readily absorb to support superior muscle growth. In addition, this product helps to boost strength. The combination of increased muscle growth and strength are intertwined, each supporting the other: greater muscle mass is associated with more strength, and greater strength leads to enhanced muscle growth.

## MICELLAR WHEY CONTAINS MORE BCAAs AND LEUCINE

While BV addresses the quantity of amino acids your body takes in, the quality of them is equally important. Whey protein in general – and Micellar Whey in particular – delivers far more BCAAs, especially the most important of these: leucine. This group of aminos is the most anabolic of those in our diets, helping to prevent muscle breakdown during intense training sessions. After workouts, leucine helps encourage the release of insulin to drive nutrients to working muscle tissue for recovery and growth. BCAAs also help reduce muscle soreness and support your immune system.

## SPEED UP GAINS WITH SLOW-DIGESTING WHEY

Micellar Whey is designed to work as a pre- and post-workout shake. It's also good to take between meals or before bedtime, when you want a sustained release of amino acids to prevent catabolism (muscle breakdown). Micellar Whey has a higher BV and a superior amino acid profile than casein, helping you maximise muscle building. This new product is available in vanilla and milk chocolate flavours, and each one-scoop serving provides 25 grams of protein.

The benefits of whey and casein protein in one innovative protein product.





# GO BLUE

**GET MORE FRUIT INTO YOUR DIET - STAT!**

**■ Aussies are eating less fruit than ever**, with only around half of all Australians eating the recommended two serves of fruit per day, according to figures from the Australian Bureau of Statistics. Many body-conscious blokes might be avoiding fruit because of the fructose content, but if you're eschewing fruit rather than chewing it, you're missing out on any number of vitamins and minerals that are essential for a healthy body and strong muscles and bones. Take blueberries for instance – one of the best pound-for-pound foods available in

terms of nutrient density. They're low in calories, low GI, high in fibre and particularly high in vitamins C, K and manganese. Blueberries have also been researched for their brain protective and anti-ageing benefits, mostly due to the high quantity of anthocyanin, a powerful antioxidant. Not a fan of eating fruit whole? Chuck two serves of fruit in your morning shake and get that RDI out of the way early.



**A ONE-CUP SERVING OF BLUEBERRIES CONTAINS 10% OF YOUR DAILY FIBRE RDI.**

## WORTH ITS WEIGHT

**Improve endurance and athletic performance with... SALT!**

■ A little salt helps the workout go down – or at least sodium helps it go on for as long as you need. A 2015 study published in the *Scandinavian Journal of Medicine and Science in Sports* concluded that sports beverages alone weren't enough to support intense endurance training. But those who consumed additional sodium (for example, table salt) as well as more electrolytes performed significantly better in a half-Ironman despite reporting the same levels of perceived exertion. That means the group consuming salt and other electrolytes outperformed the placebo group.

The takeaway is that consuming electrolytes before training may also help extend anaerobic endurance during your longest and most challenging workouts. Keep in mind that *FLEX* recommends keeping your daily sodium intake at least at a moderate level (2000 to 3000mg per day) when you're not in the last stages of dieting. This will help your muscles perform more effectively and allow you to drop water more dramatically when you cut sodium intake.

Experiment with bumping sodium and other electrolytes about 30 minutes before workouts. Continue to consume sports beverages that contain significant amounts of sodium and add protein products higher in sodium and other electrolytes to boost endurance. Foods such as tinned soup, consumed 30 to 60 minutes before workouts, are another great addition.

# BRING THE HEAT

SPICE IT UP AND BURN MORE FAT WITH CAPSAICIN

**■ Capsaicin is a popular ingredient** in many fat-burning supplements, and you can also get it in many spicy foods. Research has long shown that capsaicin boosts metabolic rate and encourages your body to pull fat from storage to fuel activity.

A new study presented last February demonstrates the effectiveness of consuming capsaicin to combat obesity. This effect was seen in both sedentary and active populations. So, it's no great stretch to understand its implications for those with small or moderate amounts of body fat who want to prepare for a bodybuilding stage or photo shoot, or just get shredded.

Choose a supplement that contains capsaicin or add more spicy foods such as chilli peppers, jalapeños or habaneros to your diet. Generally, the spicier a pepper, the more capsaicin it contains and the more it will help you shed body fat. But even sweet peppers such as capsicum contain capsaicin.



**Capsaicin boosts metabolic rate and pulls fat from storage to fuel activity.**

## YOU DON'T KNOW BEANS

Kick-start your day with this high-protein, high-fibre food

### BLACK BEANS



FIBRE

**7.5G**

PROTEIN

**7.6G**

CALORIES

**114**

### KIDNEY BEANS



FIBRE

**5.5G**

PROTEIN

**6.7G**

CALORIES

**108**

### LENTILS



FIBRE

**7.8G**

PROTEIN

**8.9G**

CALORIES

**115**

### PINTO BEANS



FIBRE

**9.8G**

PROTEIN

**10.6G**

CALORIES

**184**

**■ The classic British breakfast** includes bacon, eggs, mushrooms, tomatoes, baked beans and toast. The good news for bodybuilders is that everything on this plate is likely on your diet. You may want to make some slight modifications to what they serve in the UK, though. Instead of using processed baked beans with all the sugars and other additives, you can add a side of black or kidney beans or lentils. You should also flip out the white bread in favour of a wholegrain variety.

Beans and lentils are very high in fibre, providing many health benefits in addition to slowing the absorption rate of foods and reducing unwanted insulin release. Here's a quick overview of what a few popular types of beans and lentils provide for only 115g: many bodybuilders want to get in protein as quickly as possible when they arise because they haven't fed their muscles for several hours. But you also want to sustain a slow release of amino acids after that. To achieve both of these goals, follow this **FLEX** prescription:

- 1 Take in a whey protein shake upon rising.
- 2 Eat a full breakfast that includes a 115g side of beans or lentils about 20 minutes later.



BULK NUTRIENTS  
PURE SUPPLEMENTS

## HYPER HYDROLYSE

# REVOLUTIONARY PROTEIN SYNTHESIS

*The fastest protein  
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PROTEIN

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FATS

1KG - \$45

5KG - \$182

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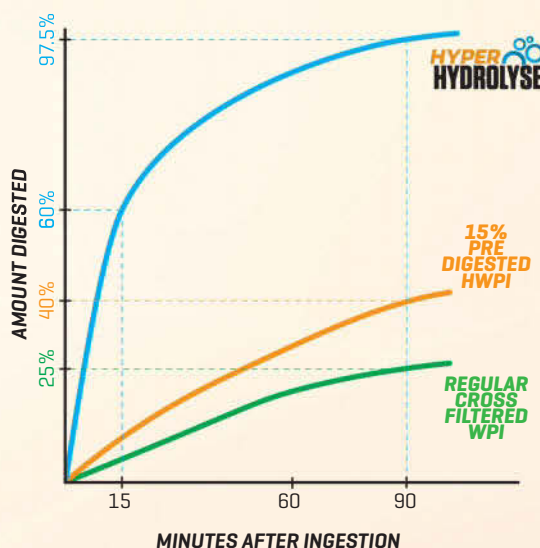
If you demand the **fastest possible absorption** from your protein, or you are extremely sensitive to dairy allergens, **Hyper Hydrolyse is definitely for you!**

15 minutes after ingestion, up to 60% is absorbed and within 90 minutes, **over 90% will have been hydrolysed.**

But the best part is the **unique enzyme** which **breaks down amino acid chains rapidly** once liquid is added.

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# THE IRON HULK

## BODYBUILDING AVENGER **MAMDOUH “BIG RAMY” ELSSBIAY** RELIES ON MACHINES, À LA IRON MAN, TO ACHIEVE THE MONSTROUS SIZE OF THE HULK.

BY GREG MERRITT PHOTOGRAPHS BY JASON BREEZE



Mamdouh Elssbiay is like two superheroes in one. The Hulk is his obvious doppelgänger. When Big Ramy stood in comparisons at the last two Olympias, it looked like an Avengers gathering. There's Captain America next to Thor, both suitably superhuman. And yet they're being dwarfed by the ludicrously large Hulk. Even humongous beings appear ordinary next to Big Ramy. But the fictional Hulk is a smashing, rampaging brute. If he were a bodybuilder, he'd power up bar-bending weights with a roar. And he'd scorn gym machines, leaving them for the Bruce Banners of the world.

But not Elssbiay. Like Iron Man, he's a machine aficionado. He trains in one of the world's best-equipped gyms, and he relies on the latest contraption more than barbells and dumbbells to muscle up. For example, some of his back workouts consist of nothing but mechanised lifts: various types of pulldowns and cable and lever rows. He knows machines help him focus on contractions in ways he can't with free weights. We've compiled Big Ramy's favourite mechanical exercises for six body parts: chest, back, shoulders, legs, biceps and triceps. Like the Hulk, his gargantuan size terrorises even his superhuman peers. And like Iron Man, he utilises machines to expand his powers. He's Iron Hulk.





## CABLE CROSSOVER

**WHY** Thanks largely to Lou Ferrigno's pec-tacular TV character, if there's one pose most associated with HULKing out, it's the crab-style most muscular. And the cable crossover best approximates that pose. This exercise used to have a lightweight reputation as a precontest detailer. But Big Ramo does it year-round. "It's great for a strong contraction, and it keeps tension on the pecs from start to finish," he says. Unlike dumbbell flies, this standing cable flye maintains stress at contraction to target the inner pecs.

**HOW** Elssbiay sets the pulleys of a cable crossover station to their highest levels. He then brings his arms in a downward hugging motion from up and out to down and in, leaning forward on each rep as if he were crunching a most muscular. His hands are together or nearly together at contractions. "When my hands are close, I pause for about a second, and I squeeze as hard as I can," he says. He does four or five sets of 12 to 15 reps.

**WHEN** This is the last exercise in his chest routine.

**VARIATION** The traditional cable crossover targets mostly your lower and inner pecs. To hit more of your upper and inner pecs, set the pulleys at low levels and bring the handles up (to your face or higher) and in on every rep.





# 2

## ISO-LATERAL MACHINE ROW

**WHY** Big Ramo constructed one of the most Broddingnagian backs ever beheld with more machine rows than free-weight rows. Yes, barbells and dumbbells provide more freedom of movement than most machines, but mechanical contraptions also have a couple of key advantages over 'bells. First, sitting against a machine's chest pad locks you in place, so you can't sway and distribute stress from your lats to your spinal erectors. Second, you're usually able to get a stronger (and longer) contraction with a machine. Finally, Elssbiay often selects an iso-lateral machine (meaning the two arms move independently). This allows him to find a slightly different pace and range of motion for each arm; or he can work each side independently, doing the reps of a set for his right side and then the reps for his left side.

**HOW** "I'll do these either one-arm or two-arm," he says. "It just depends on how I feel and what else I do in my back routine. But I like them both ways equally." If he does two-arm rows, he'll often stand, so he can pull the handles a little lower into his sides. If he does one-arm rows, he'll place the leg opposite from the rowing arm forward. "I want a strong base, so I stay steady," he says. In either case, he keeps his chest against the support pad throughout each rep and gets maximum stretches and contractions. As with most machine exercises, he tends to hold contractions for a second, though he usually can't do this on his final reps when fighting fatigue. He goes for four or five sets of eight to 15 reps.

**WHEN** He starts his back routine with pulldowns. After that, machine rows could come at any time in the workout. Often two or three of a routine's five back exercises are machine rows of varying types.

**VARIATION** Most machines allow you to choose myriad styles of grips. Usually, Big Ramo prefers a parallel (palms facing the centre axis) grip or nearly parallel grip. Depending on the machine, you may be able to choose from a panoply of grips: wide, medium, narrow, parallel, underhand or overhand. Each will stress your upper back muscles in a slightly different way.





"Machines let me just focus on pushing up without worrying about steadying the weight."

3

## MACHINE SHOULDER PRESS

**WHY** The mechanical shoulder press is the one outlier in our sextet of Ramo's favourite machine lifts. That's because, unlike the other five, it doesn't provide an advantage over free weights at maximising contractions. However, overhead pressing machines do provide greater stability. Some may see this as a minus. Certainly, just balancing a weight or two weights throughout a set stimulates muscle fibres. But this cuts both ways. "Machines let me just focus on pushing up without worrying about steadying the weight," the Iron Hulk says. You can't argue with his results. The Goliath who expects to contend for this year's Mr Olympia title has arguably the largest delts in bodybuilding history.

**HOW** Steady yourself in the seat. Big Ramo takes a relatively wide stance to secure himself. Grab the handles. Ramo goes wide. But then he is wide. Really, really wide. Freaky-crazy wide. Has-to-go-through-garage-doors-sideways wide. Take a grip slightly beyond shoulder width. Press up. "I stop just short of lockout," Iron Hulk says. Doing so keeps constant tension on his delts. He does four or five sets of eight to 15 reps.

**WHEN** Elssbiay usually begins his shoulder routine with this exercise.

**VARIATION** Many press machines are designed so that the device's arms are pressed not just up but also slightly backward. Such an arc engages more medial delts along with the front delt heads. Therefore, if you sit "backwards," facing the seat back, the arc will be reversed and your arms will travel slightly forward as they go up. In such a way, you work medial delts less and focus even more on front delts.





# 4

## LEG EXTENSION

**WHY** Legs straight is the resting point when doing most quad exercises. However, when doing extensions, this is the contraction. Therefore, there's resistance through not just the kicking motion but also when your knees are locked. In effect, the contraction duplicates the lower half of bodybuilding poses like the front lat spread when your legs are straight. Big Ramo already has monster-size wheels. But he places a special emphasis on leg extensions to etch in deeper tire tread. "I need deeper cuts in my quads," he says. "So holding the top of leg extension reps is very important to me."

**HOW** Sit in the seat with the pads on your ankles and your toes pointed straight ahead and bring your legs up simultaneously to a knees-straight position. Elssbiay likes to hold each contract for a second and tense his quads as hard as possible for four to five sets of 12 to 15 reps.

**WHEN** He does these first in his quad routine.

**VARIATION** These can be performed one leg at a time to better focus on your left and right wheels individually. You can also point toes inwards to focus more on your outer quads or outwards to focus more on your inner quads. Try changing your toe position from set to set.

**"I NEED DEEPER CUTS IN MY QUADS, SO HOLDING THE TOP OF LEG EXTENSION REPS IS VERY IMPORTANT TO ME."**





**"I especially like this exercise pre-contest because it's just like a biceps shot. But I'll do them sometimes all year-round."**

**5**

## HIGH-CABLE CURL

**WHY** "I especially like this exercise pre-contest because it's just like a biceps shot," he says. "But I'll do them sometimes all year-round." Just as cable crossovers duplicate a most muscular pose, this exercise mimics a front or rear double biceps shot. The use of cables allows you to maintain tension on your biceps from stretch to contraction despite your upper arms being parallel with the floor. By contrast, if you attempted this movement with dumbbells, your delts would be doing a lot of work (to keep your arms up) and your biceps very little.

**HOW** Set the pulleys in a cable crossover station at shoulder level. Grab both handles and stand in the centre. While keeping your upper arms parallel with the floor, curl the handles towards your ears. "Get a strong contraction and hold for a second and tense," the two-time (2013-14) winner of the New York Pro instructs. He does four sets of 10 to 15.

**WHEN** Elssbiay likes to end his biceps routine with high-cable curls.

**VARIATION** There are a couple of ways to change this one up. First, you can alternate arms, going back and forth between your left and right sides. You can also do these seated to eliminate any possible sway. Seated or standing, be sure you set the pulleys at about shoulder level. Sitting is a variation that Ramy uses on occasion.





THE IRON  
**HULK**

## PUSHDOWN

**WHY** Each horseshoe-shaped triceps has three heads. The long (inner) and lateral (outer) heads make up the vast majority of visible muscle on the back of your arms. The medial head is meaty but lies mostly beneath the first two, though its lowest portions peek out on both sides just above the elbow (much more on the inside than the outside). Every triceps exercise works all three heads to some degree, but each exercise also stresses one head more than the others. Pushdowns done with your elbows close to your sides best target the lateral head.

**HOW** Although elbows-at-sides pushdowns hit the showy outside head, Elssbiay frequently does this exercise while leaning forward and keeping his elbows out in front. In this manner, he distributes more stress to the long head. Whether your elbows are at your sides or, like Ramy's, in front, the crucial thing is to keep them locked in place throughout each set. As with most other exercises, he focuses on contractions. "I finish each rep and tense hard," he says. He does at least four sets of 10 to 15.

**WHEN** He usually begins his triceps routine with some kind of pushdown (eg, elbows-in-front, cambered bar). He might conclude the same routine with a different type of pushdown (example: elbows-at-sides, rope).

**VARIATION** So we've covered lateral and long heads, but what about the largely forgotten medial head? Pushdowns can be modified to emphasise this head as well. Research demonstrates doing pushdowns with an underhand grip places more stress on the medial. Like Big Ramy, bodybuilding's Iron Hulk, it's best to switch up your pushdown grips and elbow positions on occasion to work all areas of your tris. **FLEX**



**ALTHOUGH ELBOWS-AT-SIDES  
PUSHDOWNS HIT THE OUTSIDE HEAD,  
HE ALSO DOES THEM WHILE  
LEANING FORWARD AND KEEPING  
HIS ELBOWS OUT IN FRONT TO STRESS  
THE LONG HEAD.**

# 100% COMMITMENT

HARD WORK AND PERSONAL  
SACRIFICE HAVE HELPED  
MELBOURNE'S ARNOLD CLASSIC  
WINNER **MOLLIE STEWART-GIBSON**  
REACH THE TOP OF HER GAME.

**Name** Mollie Stewart-Gibson

**Date of birth** 21/02/1988

**Lives** Melbourne

**Height** 161cm

**Contest weight** 53kg

**Off-season weight** 65kg

**Occupation** Student and administration

**Hobbies/interests** Show jumping

## **Why did you start weight training?**

I started in year 12 at high school during my lunch break to help with stress. I loved how lifting weights made me feel strong and empowered.

**Where do you train?** Natural Muscle in Ascot Vale, Melbourne

## **Do you have a training partner?**

No, I enjoy the solidarity of training. I use my training as time out to myself.

**Techniques used?** I like super sets.

I use these to increase recovery time, not to increase intensity. I rest for about two minutes between sets. I'm a stickler for form. I like to be very controlled in all my lifts.

**Favourite exercise?** Stiff leg deadlifts and shoulder presses would definitely be two of my favourites.

**Hate-to-do exercise?** I have a love-hate relationship with walking lunges; they're great because they really target the areas I want to improve, but they're hard!

**The one exercise everyone should do?** I think squats are great, as they help increase strength through legs, glutes and







– most importantly – core. But they need to be executed correctly.

**Biggest lift?** Late last year I squatted 65kg for eight reps. I was pretty happy with that.

**Your best body part?** Either my back or my legs.

**Anything you'd like to improve?** Everything!

**Most memorable competition moment?** Winning my height class at the Arnold Classic this year felt pretty amazing! I almost shed a tear...

**Worst competition moment?** When I almost missed my category at an INBA show in 2013. Luckily they allowed me to get on stage and I won the class. But it was very close!

**Competition diet?** I diet using the principles of If It Fits Your Macros (IIFYM). This means that I don't exclude any food groups from my diet. I'm free to create a diet using foods I enjoy eating, including ham, oats and yoghurt. Leading up to my shows I don't cut salt or water, nor do I take fat burners or diuretics.

**What supplements do you use?** I am very lucky to be sponsored by Superior Supplements who provide me with some amazing and high quality products. I'm very grateful for the support I receive from a number of sponsors, including Body DEXA Fit, Muscle Academy, Mesmerize Spray Tanning, Suzie Malek Makeup and Natvia.

**Without their help, I would struggle to compete.**

**Favourite diet food?** It might sound very weird, but at the moment I am loving sweet potato mixed with Labrada Lean Body for Her Peanut Protein powder, some crunchy peanut butter, a bit of Natvia and a pinch of pink salt flakes. It tastes amazing, even my off-season sister agreed, so it doesn't just taste good to a crazy dieter.

**When dieting is finished what is your all-time favourite meal?** I am hanging out for a burrito at Veggie Bar in Brunswick, or a nice steak (medium-rare with mushroom sauce).

**Favourite drink?** I do love my coffee. I try not to drink too much caffeine, and will have decaf during the day so I can enjoy more. Off-season I drink lattes, otherwise I enjoy a long black with a splash of low fat milk.

**Who do you admire most in your sport?** I have always been a fan of Oksana Grishina's physique. Having met then met her last year, I realised she is a genuinely nice person as well.

**Who do you admire most outside your sport?** I admire my grandmother. She worked in the field of science before marrying and having to give up her career, as was expected of women in the 1950s. She went on to raise six children through some tough times. To this day she still astounds me with her depth of knowledge on so many topics, which definitely contribute to her outstanding crossword skills!

**Who has had the most impact on your life?** My mother. She is someone who has always been there to support and direct me without being overbearing. She has had a great career, especially when she was the first person in her family to gain a degree. She is strong and compassionate in how she manages herself and how she relates to others. I respect and appreciate her for allowing me to develop into the person I am today.

**How has weight training affected your life?** It has taken over my life in some respects. I have been consistently lifting weights for 10 years. It is very much part of who I am now, and training is often prioritised over other aspects of my life. My ability to juggle figure competing with competing in show jumping with my horse and maintaining relationships is a

## TYPICAL TRAINING WEEK

DAY	PART
Monday	Back
Tuesday	Chest
Wednesday	Legs
Thursday	Rest
Friday	Shoulders
Saturday	Arms

I rotate between 3 different rep ranges: 3-5; 6-10; 10-15

I also walk the dog every morning before my gym sessions.



**“THAT’S THE NATURE OF THE SPORT - THERE IS NO STOP WATCH OR FINISH LINE TO CROSS”**

constant struggle. There are only so many hours in a day.

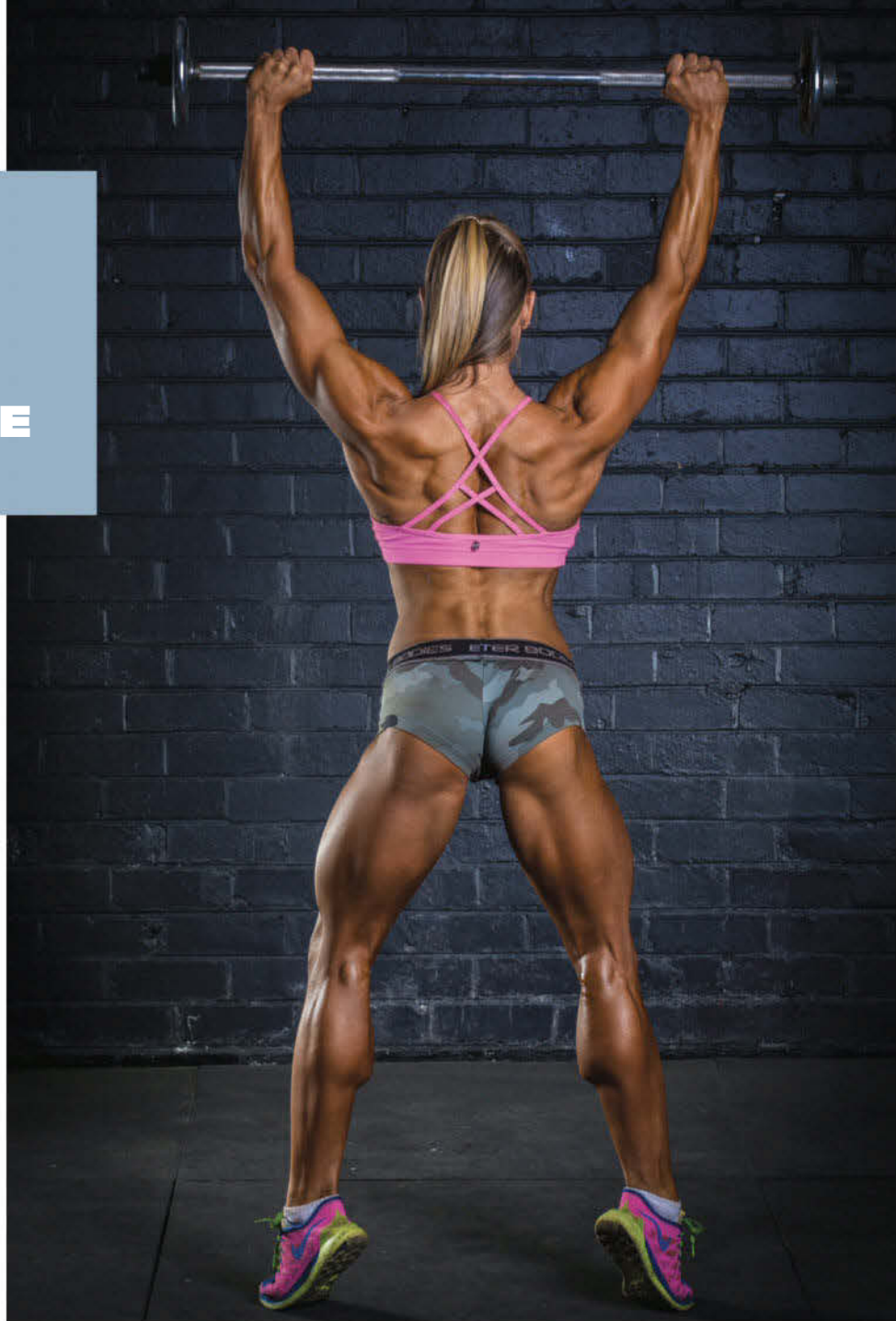
**Goals for your future?** It's not necessarily my ambition to win and be the best, although recognition for all my hard work is appreciated. What drives me is a challenge – I want to be up against the best. I also wish to have a career in my fields of study – agricultural science and project management – once I finish my Masters next year.

**The best tip for someone starting out?** Be patient. Growing and developing a balanced and competitive physique takes time. Don't feel you need to rush into a competition – there are always more comps. A quality package takes time to create. Find a reputable coach. That doesn't mean someone whose clients win, but someone who cares about the wellbeing of their clients and their journey to the stage, not just getting there.

**If there was anything you could change or improve about your sport what is it?** The subjectiveness of the sport makes it hard for both judges and athletes. But that's the nature of bodybuilding. There is no stop watch or clear finish line to cross.

**Have you played any other sports?** My first memory of sport was when I was about five years old when I did kids gymnastics. I then went on to swim for some years before rowing for school and horse riding.

**Anyone you would like to thank?** Other than my sponsors, I would like to thank my friends, family and partner Stefan for sticking by me during what has been a long prep. I look forward to sharing some meals and drinks with them all shortly. **FLEX**



## COMPETITION HISTORY

**2015 IFBB** Arnold Classic Australia,  
**Figure Open, Height Class 159-167cm:** 1st Place  
**2015 IFBB** Melbourne Championships,  
**Figure Open:** 1st Place  
**2013 IFBB** Victorian Championships,  
**Figure Open:** 1st Place  
**2013 INBA** Australian Physique Championships,  
**Ms Physique Australia:** Overall  
**2013 INBA** Australian Physique Championships,  
**Ms Physique, Open Class II:** 1st Place  
**2013 INBA** Australian Physique Championships,  
**Australian Figure International Champion:** Overall  
**2013 INBA** Australian Physique Championships,

**Figure International, Open Class I:** 1st Place  
**2013 INBA** Victorian Physique Championships,  
**Ms. Physique Victoria:** 1st Place  
**2013 INBA** Victorian Physique Championships,  
**Ms Figure International:** 1st Place  
**2009 INBA** All Female Muscle & Fitness,  
**Ms Figure Novice 2:** 1st Place  
**2009 INBA** Victorian Physique Titles,  
**Ms Figure Open:** 1st Place  
**2009 INBA** Australian Physique Titles,  
**Ms Figure Open Class 2:** 1st Place  
**2009 INBA** Natural Olympia XII,  
**Ms Physique Open Class 2:** 6th Place

# 50 OLYMPIAS

## 50 TIPS

**WE SURVEY THE FIRST HALF-CENTURY OF  
MR OLYMPIAS WITH TWEETLIKE ADVICE FROM  
THE WINNER OF EACH CONTEST**

..... **BY GREG MERRITT** **PHOTOGRAPHS COURTESY OF WEIDER HEALTH & FITNESS** .....

**On September 19, 1965**, a standing-room-only crowd of 2500 rabid fans in the Brooklyn Academy of Music screamed as Larry Scott was (literally) crowned the first Mr Olympia. Exactly 50 years to the day, on September 19, 2015, in Orleans Arena, the 51st Mr Olympia will be staged. Only 13 men have won the 50 Olympias prior to this year's edition. In their honour, we've assembled advice from the victor of each contest – from Scott's initial two to Phil Heath's recent four. Like tweets, no tip is longer than 140 characters, and affixed to each are hashtags regarding that year's Olympia – its location and major story lines. This invaluable guidance from bodybuilding's legends as well as the hashtag history lesson demonstrates that some things have changed while others have stayed the same over Mr Olympia's first 50 years.

MIKE NEVEUX; COURTESY OF WEIDER HEALTH AND FITNESS



# LARRY SCOTT

'65



When curling, a bench locks your arms in place. I do preacher curls with a barbell and dumbbells in every biceps workout.  
#1stOlympia #26yrsold  
#NYC

'66

I eat a lot of beef, cottage cheese, and eggs. And I drink a lot of milk. Year-round, I don't eat many carbohydrates.

#Retirement  
#NYC

# SERGIO OLIVA

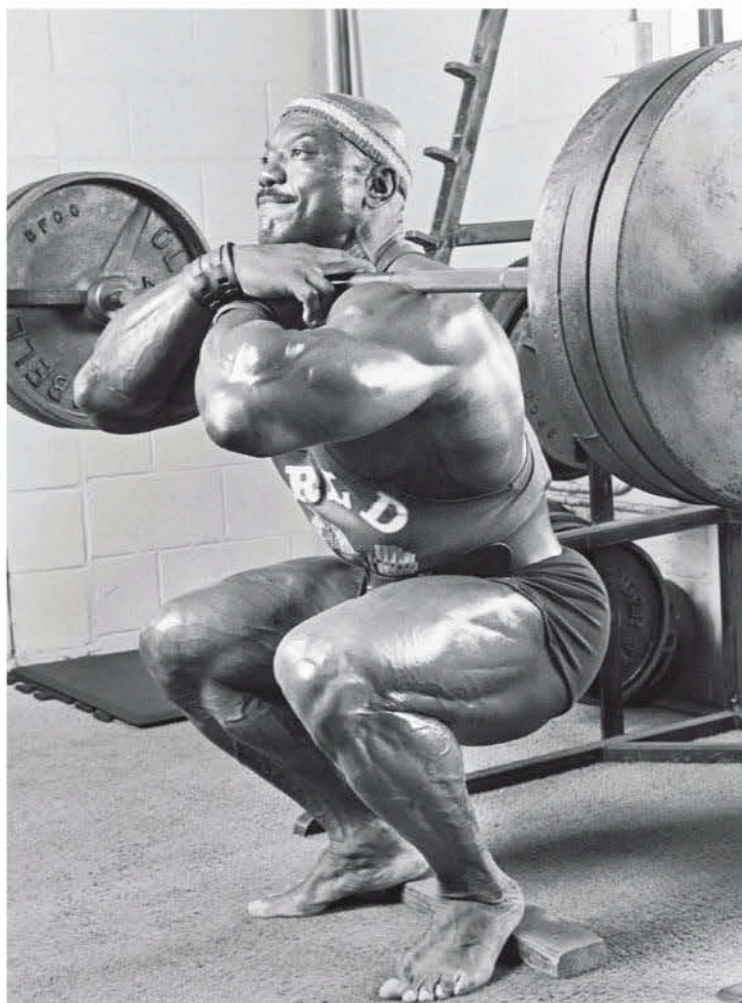


'67

Back squats and front squats built my legs. I go as heavy as 3 reps when squatting, but then finish with a set of 20. **#Poole-Wins1st Ballot**  
**#Re-vote #NYC**

'68

My favourite shoulder exercise is the press-behind-the-neck. I do 5 sets x 5 reps. Sometimes I supersetted them with upright rows. **#Unopposed #NYC**



'69

I eat 6 meals daily with lots of tuna, egg whites and milk. I also eat steak, chicken, rice, oatmeal and vegetables.  
**#ArnoldDebut #Arnold2nd #NYC**

# ARNOLD SCHWARZENEGGER



'70

Find the exercises, sets and reps that are most productive for you. Then experiment and add variety, but stay with the proven formula. **#ChampLoss #Youngest:23yrsold**  
**#Tallest:6'2" #Sergio2nd #NYC**

'71

I train calves every day, at least 10 sets x 10 reps with heaviest possible weights. I gave calves a special focus for years. **#Unopposed #Paris**

'72

Barriers are placed not by your muscles but by your mind. I never want to visualise what's been done before. I want to go beyond. **#Controversy #Lineup:4MrOs**  
**#Sergio2nd #Essen**

'73

I like the basics for biceps: barbell curls and dumbbell curls. I always supinate when I do dumbbell curls. **#Domination #Columbu2nd #NYC**

'74

Dumbbell pullovers at the end of my chest routine and before my back routine tie my chest and back together and stretch my rib cage. **#Domination #2Classes**  
**#ColumbuShortWin #NYC**

'75

Arnold presses are dumbbell presses with a twist. Go from palms back, elbows forward at bottom to palms forward, elbows out at top. **#GinaRow #PumpingIron #Retirement**  
**#2Classes #ColumbuShortWin**  
**#Pretoria**





## '76 | FRANCO COLUMBU

If I did no other exercise for chest, I would always do the bench press. Nothing is better for chest thickness. **#2Classes #WallerTallWin**  
**#Shortest:5'5" #Retirement #Columbus**

## FRANK ZANE



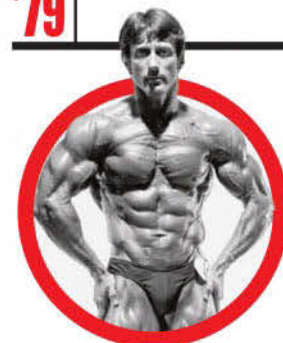
## '77

I cycle my carbs when dieting. I go low carbs for 3 days and higher carbs on the 4th day. The higher day boosts my metabolism. **#Aesthetics #2Classes #RobinsonTallWin #Columbus**

## '78

A lot of people undertrain delts. Think of each delt head as a distinct, small muscle and do 10-12 sets for each head. **#Aesthetics #2Classes #RobinsonTallWin #Columbus**

## '79



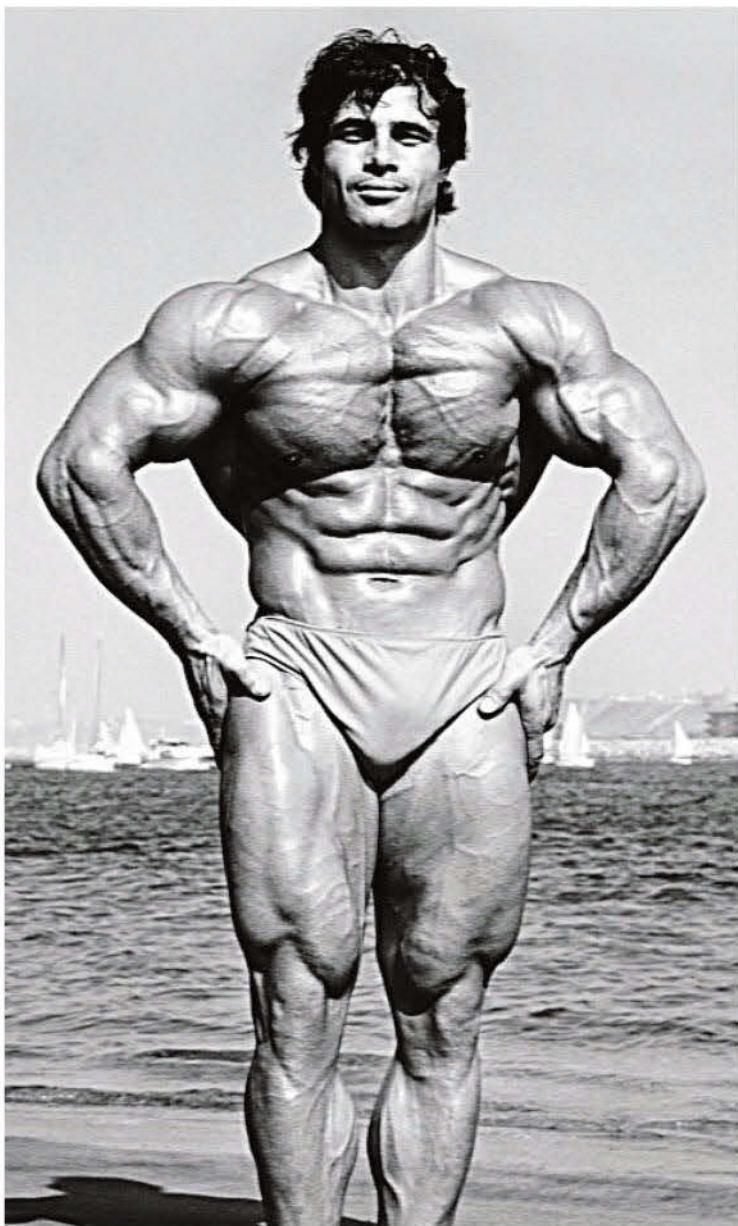
Bulking was a disaster. So I stay within 5% of my contest weight year-round. And I use photos to measure progress, not the scales. **#Aesthetics #2Classes #MentzerTallWin #Columbus**



## '80 | ARNOLD SCHWARZENEGGER

Sometimes I superset a chest exercise with a back exercise. Neither robs strength from the other and the upper-body pump is fantastic.

#Record7 #ChampLoss #Controversy #Comeback #Retirement #Lineup:4MrOs #Dickerson2nd #Zane3rd #Sydney



## '81 FRANCO COLUMBU

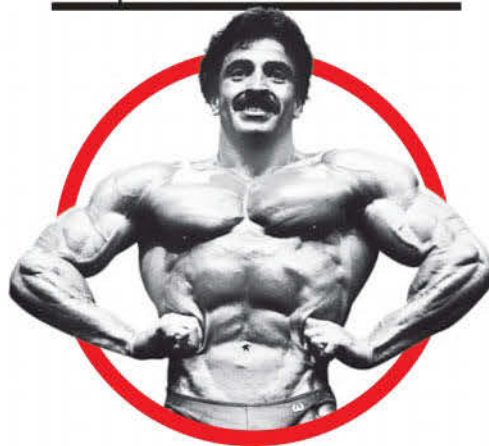
I train abs every day at the end of my workout with crunches, Roman chair sit-ups and hanging leg raises. #Controversy #Comeback #40yrsold #Retirement #Dickerson2nd #Columbus

## '82 | CHRIS DICKERSON



Do very strict, full calf movements, exaggerating the stretches. Vary exercises and toe positions: in, out, straight. #Oldest:43yrsold #1&Done #Zane2nd #Bannout4th #London

## '83 | SAMIR BANNOUT



I never lock out hack squats or leg presses until I need a break on the final reps. I want to keep constant tension on my quads. #1stProWin #1&Done #Makkawy2nd #Haney3rd #Zane4th #Munich



# LEE HANEY

'84

Moderate weights, workout volume and training intensity are best for consistent gains without injuries. **#ChampLoss**  
**#24yrsold** **#Lineup:4MrOs**  
**#Makkawy 2nd**  
**#Bannout6th**  
**#Oliva8th** **#NYC**

'85

My split is 3 on, 1 off. Day 1: chest and arms. Day 2: legs. Day 3: back and shoulders. Day 4: off. Then start over. **#Domination** **#Beckles2nd**  
**#Oliva8th** **#Brussels**

'86

I never get away from the basics for back: barbell rows, T-bar rows, cable rows, pulldowns and pull-ups. **#Domination**  
**#Gaspari2nd** **#Columbus**

'87

I train abs in every workout. I usually do hanging leg raises, incline sit-ups and seated leg raises, 4 x 15-20 for each. **#Domination**  
**#Gaspari2nd** **#Gothenburg**

'88

This is a typical post-workout meal: chicken or fish, spinach, rice or noodles, 5 oz (140g) pineapple, 2 slices wholemeal toast, water. **#Domination** **#Gaspari2nd**  
**#LA**

'89

Don't start messing around with all the little details until you know what you're doing. Master the basic, compound exercises. **#Domination** **#Labrada2nd**  
**#Rimini**

'90

I always end my shoulder workout with upright rows (4 sets x 6-10) to tie my delts and traps together. **#Controversy**  
**#TrailingAfterPrejudging**  
**#Labrada2nd** **#Chicago**

'91

I use a high-potency multi-vitamin/mineral supplement daily. Closer to a contest I take more B-complex and C to aid recuperation. **#Record8** **#Retirement**  
**#BiggestLineup:27**  
**#Yates2nd** **#Orlando**



# DORIAN YATES

## '92

Muscle growth takes place outside of the gym after you're fully recovered. That's why I advocate training only 3-4 times per week. **#Levrone2nd**  
**#Ferrigno Comeback**  
**#Helsinki**

## '93

I train rear delts after lats and before lower back with machine and dumbbell rear laterals, 1 set x 8-10 of each.

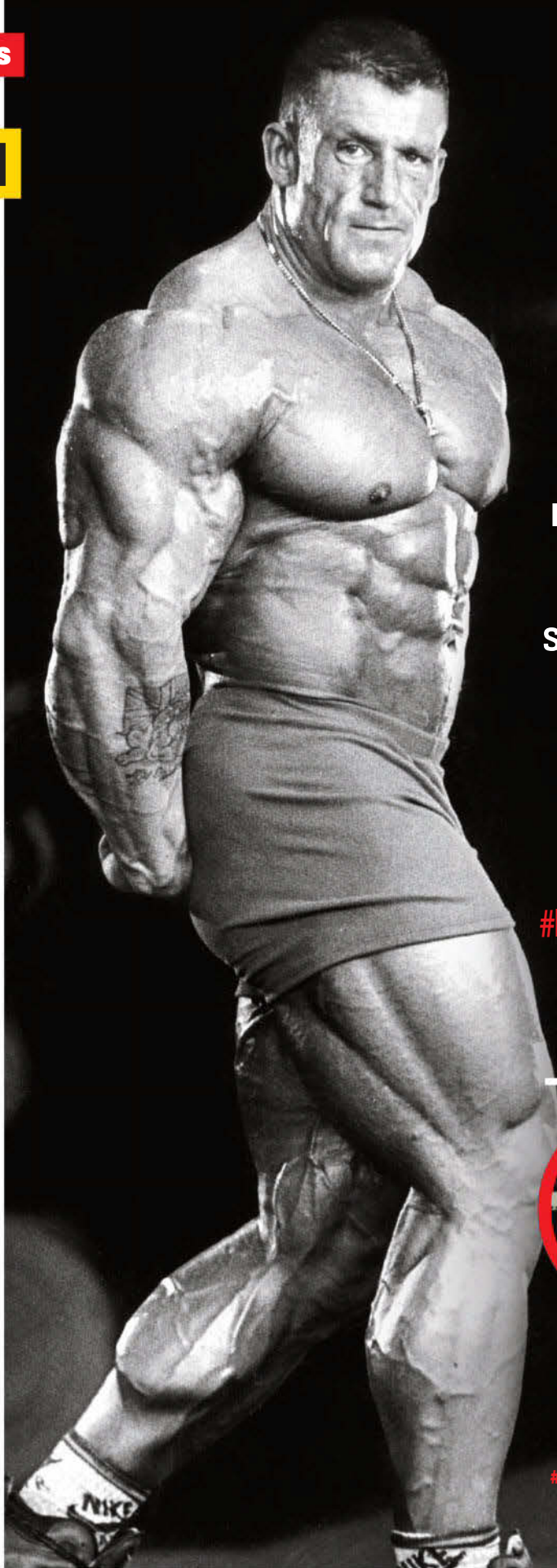
**#Domination**  
**#Bigger** **#Wheeler**  
**2nd** **#Atlanta**

## '94

I do 2 sets for calves once per week: standing calf raises and seated calf raises, 10-12 reps each. The key is full ranges of motion. **#Domination**  
**#Ray2nd** **#Atlanta**

## '95

My first meal is: 100g oatmeal, 2 whole eggs and 6 egg whites, 2 slices wholemeal toast, 1 banana, water.  
**#Domination** **#Injury**  
**#Levrone2nd** **#Atlanta**



## '96

Sleep is crucial to recuperation and growth. I usually sleep 8 hours at night plus another 90-120 minute nap in the afternoon.

**#Controversy**  
**#Injury** **#Ray2nd**  
**#Chicago**

## '97



I usually do only 1 working set per exercise, but I may do 1-3 pyramided warm-ups before the working set.  
**#Controversy**  
**#Injury** **#Retirement**  
**#GinaRow**  
**#ElSonbatty2nd**  
**#Coleman9th** **#LA**



# RONNIE COLEMAN

**'98**

I train everything twice a week like Arnold and all those guys did in the '70s. It worked for them and it works for me.

**#Wheeler2nd #NYC**

**'99**

I rarely change exercises. But I alternate 2 different workouts for each body part, so I never do the same workout twice in a row.

**#Domination #Wheeler2nd #Vegas**

**'00**

In my first meal after a workout, I almost always have 2 chicken breasts and a baked potato.

**#Domination #Levrone2nd #Vegas**

**'01**

I did those heavy, single-rep lifts for the video camera.

I use big weights, but I always aim for 10-12 reps in my workouts.

**#Controversy #Trailing After Prejudging #Cutler-2nd #Vegas**

**'02**

One back workout is for thickness and has deadlifts and rows. The other is for width with 2 types of pulldowns along with rows.

**#Controversy #Smaller #Levrone2nd #Vegas**



**'03**

I do 6 exercises for triceps each week, 3 per workout. One routine ends with close-grip bench presses. The other starts with skullcrushers. **#Domination #Bigger #Cutler2nd #Jackson3rd #Vegas**

**'04**

When you do 'em right, walking lunges work because they're hard. Lunges add quality muscle and lines to quads, hams and glutes. **#ChallengeRound #Heaviest:297lbs #40yrsold #Cutler2nd #Vegas**

**'05**

For squats to be effective you need to stay as upright as possible and get down to at least parallel. **#Record8 #HaneyTie #41yrsold #Cutler2nd #Vegas**

## '06 JAY CUTLER

I prefer dumbbells over barbells for shoulders. I like the freer range of motion and the need to balance the 2 sides. **#ChampLoss**  
**#Coleman2nd** **#Vegas**

## '07 JAY CUTLER

A typical meal for me in the off-season is 10 oz (285g) beef, buffalo or steak and, to keep my calories high, 2 cups of white rice. **#Controversy** **#Martinez2nd** **#Jackson3rd**  
**#Coleman4th** **#Vegas**



## '09 JAY CUTLER

I'll sometimes do rest-pause for calves. I'll stop when I reach failure, rest for a few seconds, and then get a few more reps. **#ChampLoss**  
**#Domination**  
**#Warren2nd**  
**#Jackson3rd**  
**#Heath5th**  
**#Vegas**

## '10 JAY CUTLER



I do cardio on the StepMill for 40 minutes first thing in the morning. I'll do a second session later if needed. **#4thWin**  
**#Heath2nd**  
**#Vegas**

## '08 DEXTER JACKSON

I end my chest workout with machine presses that are like a press and flye combination. It's a real inner-pec burner. **#ChampLoss** **#1&Done**  
**#Cutler2nd** **#Heath3rd**  
**#Vegas**





# PHIL HEATH

**'11**

When I go heavy on stiff-leg deadlifts, I feel them too much in my back. Stay light and focus on the stretch, maintaining constant tension.

**#ChampLoss**  
**#Domination**  
**#Cutler2nd**  
**#Greene3rd**  
**#Vegas**

**'12**

Don't do extreme low-fat and low-carb in the off-season. Instead, focus on getting enough protein and calories to grow.

**#Greene2nd**  
**#Vegas**

**'13**

I don't do any wrist curls. I'm lucky that my forearms grow enough from biceps work, especially hammer curls.

**#Greene2nd**  
**#Cutler6th**  
**#Vegas**



**'14**

The most important thing for gaining size is patience. The journey is long. Stick to the program, eat right and train right.

**#Greene2nd #4inaRow #CutlerTie #Vegas** **FLEX**



# FUELLING THE FIT

**How Men's  
Physique  
and Women's  
Bikini have  
revitalised  
the sport of  
bodybuilding.**

**BY  
DAVID ROBSON  
PHOTOGRAPHS BY  
GARY PHILLIPS**

**The top six Pro Bikini  
competitors at this  
year's Arnold Classic.**





# TNESS INDUSTRY





### Physique competitions

have traditionally presented few options for aspiring competitors. To showcase their body in all its muscular glory and be rewarded for their gym efforts – with kudos and possible pro-cards at amateur level and financial opportunities as professionals – an athlete would previously have faced an all-or-nothing proposition: become as muscular and super-shredded as humanly possible or forgo any chance of winning.

Since the fitness boom of the 1970's, competitive bodybuilding has appealed massively to countless serious lifters and still holds much attraction today. But bodybuilding is an exclusive club. Membership is gained through superior genetics and many years of physical and mental hardship. Though anyone can become a bodybuilder, only a select few can rightly consider themselves elite and worthy of the sport's biggest titles – even with desirable DNA, the financial means and the available time to consistently adhere to a punishing schedule of multiple daily meals and training sessions. And this is before even considering the many thousands needed for "extra supplements", an edge-seeking reality that is increasingly sought as both the human gene pool and level of competition exponentially increases. Bodybuilders understand this and know that to win an event means they have accomplished a mission that 99.9 percent of the population would struggle to achieve. In large part, it's this striving for physical perfection that fuels the attraction to the iron game: achieving a look that few could hope to replicate while demonstrating the discipline of a true champion.

### THE GREAT DECLINE

Though popular among a small fringe community of hardcore enthusiasts and competitors, the sport of bodybuilding could never be accused of enjoying mainstream acceptance. The art of pumping and posing has never been popular among most fitness-minded people. While bodybuilding's cult following is sizable enough to ensure its survival, the sport – certainly at elite level – has stagnated since the glory days of the '90s, where highly marketable athletes such as Shawn Ray, Flex Wheeler and Kevin Levrone strode



IFBB pro stages the world over and captivated fans with their physiques.

If anything, professional bodybuilding has regressed. Its fan base has diminished. No longer is the average dedicated gym trainee operating under the misguided assumption that protein, super supplements and countless hours spent under the heavy iron are golden tickets to the pro ranks. It could be argued that the sport of bodybuilding is more marginalised than ever; its athletes demonised as narcissistic meatheads with inferiority complexes. Of course for the majority of bodybuilders – pro or otherwise – nothing could be further from the truth. With its emphasis on balanced nutrition and dedicated training, bodybuilding is unquestionably a healthy pursuit.

To switch from recreational trainee to ultra-competitive athlete, however, demands an extreme adjustment. Few lifters are willing to pay the price to become elite-level competitors. But with an expansion of competitive options, many more former bodybuilding hopefuls are taking the plunge by dialling it down.

### A NEW STAGE

Being a competitive bodybuilder is not all lifestyles of the fit and famous. Behind the scenes there is much extreme behaviour, both dietary and via the ultra-disciplined training approach needed to achieve sub-five percent body fat readings. But hard training men and women now have more competitive options.

**Above: the world's top 6 Pro Bikini athletes at the 2014 Ms Olympia. Left to right: 4th Yeshaira Robles; 6th India Paulino; 2nd Janet Layug; 1st Ashley Kaltwasser; 3rd Stacey Alexander; 5th Amanda Latona.**

With the advent of the Women's Bikini division in 2010 and Men's Physique category in 2011, the IFBB have strategically popularised bodybuilding contests, opening up a unique fan base and turning a whole new generation of gym trainees on to the sport of physique competition.

Prior to the emergence of Bikini and Physique, competitive bodybuilding in Australia appeared to be losing its fan base and was fast becoming a non-viable enterprise for promoters and athletes. In recent years there's been a dramatic turnaround. Events which were down to 40-50 competitors are now into the hundreds. So what is it about the Physique and Bikini divisions that have attracted the interest of both athletes and spectators alike?

First, there is the attainability factor. A decade ago, women's bodybuilding was bordering on extinction, with few women prepared to risk adverse health consequences to compete for almost zero financial return or career-boosting publicity. With the introduction of the Figure and Fitness categories – and their emphasis on a look that is both more marketable and attainable – a path was cleared for women to compete for greater career opportunities: modelling, endorsements and pro prize money being major incentives. With Bikini,





The worlds best Men's Physiques at the Mr Olympia 2014. Left to right: 4th Matt Acton; 2nd Sadik Hadzovic; 1st Jeremy Buendia; 3rd Jason Poston; 5th Steve Cook.



Top 3 at the IFBB Victorian Championships, 2014.

**Right: Arnold presenting the winner's trophy to Ashley Kaltwasser at the 2015 Arnold Classic in Ohio, US.**

that path has been widened into a superhighway, with more competitors in the Bikini Division than all other women's categories combined. Such an increase in competitor numbers has naturally placed more backsides on seats. The same could be said for Men's Physique. Whereas a well-muscled male with bodybuilding aspirations would have been forced to supersize their gains, now, with a little refinement, the same competitor stands a good chance of winning big on the Men's Physique stage. For both classes there's also the very real



Jeremy Buendia winning the first Mr Olympia Men's Physique class in 2014.





**PHYSIQUE  
AND BIKINI  
COMPETITORS  
HAVE  
ESTABLISHED  
A FOLLOWING  
OF THEIR OWN**

possibility of securing a coveted pro card; an unthinkable idea when bodybuilding was the only game in town.

**ATTRACTING THE MASSES**

Besides attracting more spectators, Physique and Bikini competitors have established a unique following of their own. Not everyone can relate to the exaggerated muscularity of the super-striated bodybuilder. However, most people can identify with a fit and aesthetically pleasing physique. Admired on beaches and in gyms across the globe, such bodies, further refined and accentuated, can now be viewed under perfect lighting conditions and judged on their own merits. The inclusion of the Physique and Bikini categories has provided a competitive outlet for those who may not have the natural physical potential to out-muscle the competition or the desire (or means) to maintain a stringent bodybuilding regimen.

While purists might argue that Physique and Bikini competition have made a mockery of what was originally the exclusive domain of the genetically superior few, there is no arguing with the fact that Physique and Bikini athletes train and diet in a

similar fashion to those at the extreme end of the muscle-building spectrum. These competitors are, in a sense, scaled down bodybuilders, albeit more marketable versions. With judging criteria that demands a slightly softer (rounder for the Bikini athlete) and less muscular appearance, such athletes are an inspiration to lifters at all levels. While the size advantage bodes well for bodybuilders aiming to beat the best, such a look can be discouraging for the average gym-goer. Now almost anyone willing to work hard and diet accordingly can hit the stage and be rewarded for their dedicated efforts.

The Physique and Bikini body is also easier to maintain throughout the year, and with preparation standards that are easier to adhere to and less in the way of depletion, a competitor may compete more often. This greater onstage presence serves to further heighten the profile of Physique and

Bikini competitors which, in turn, ensures these classes' continued expansion and, by extension, the sport of bodybuilding's continued survival.

All in all, more competitive options for fitness folk has given the bodybuilding industry a much-needed shot of adrenaline and has encouraged many more devoted lifters to pose down on Aussie stages than would otherwise be the case. By taking less of a hardcore approach to building a lean and muscular physique (a heretical scenario back in bodybuilding's all-or-nothing mass-building age of the 80s and 90s), competitors are now being rewarded with maximum exposure, endorsement contracts and much-coveted status as professional athletes. Perhaps most important of all, the fitness industry has been revitalised with more and more people willing to challenge themselves in gyms and on stages. **FLEX**

**Above left: Sadik Hadzovic flexing with the trophy for winning the first Arnold Classic Men's Physique in March, 2015. Above: IFBB 2015 Arnold Classic Australia Men's Physique champ, Rigo Gasio.**





# R

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# WINKLAAR'S WHEELS

**BUILD BIGGER  
LEGS WITH IFBB PRO  
ROELLY WINKLAAR'S  
MEAT-AND-POTATOES  
ROUTINE**

What's the first thing that pops out at you when you see Roelly Winklaar posing onstage or in front of a camera? His arms, perhaps? That's what most people say, and the guns are huge - arguably the best of all time. But his wheels have now become equally impressive, giving him top-to-bottom symmetry that figures to make noise in the IFBB for years to come.



He stuck to the basics. Nothing fancy, nothing earth-shattering. Just tried-and-true mass-building moves done with heavy weights and high volume, with a dash of quad-sculpting leg extensions thrown in for good measure. That's what the leg workout on the following pages consists of. It may not be cute, but it works.

It's safe to say Winklaar is pleased with his legs at the moment, but he's not satisfied. "Every bodybuilder wants everything to be bigger, so my goal is always to add size," he says. "And I'm always working on getting more detail, because having size alone without shape, definition and striations isn't good."

When we caught up with the 37-year-old this past US spring to talk quad training, he was only a few weeks removed from a disappointing sixth-place finish at the Arnold Classic. And let's just say he wasn't in the mood to discuss it. "I'm not happy with that [finish]," he said with a half-hearted chuckle. It's worth noting, however, that Winklaar didn't blame his placing on the judges. When pressed for why he didn't finish higher, he took the high road and stressed that he now has his sights set on a strong showing at the Olympia this fall after placing 12th in Las Vegas in 2014.

"I need to work on controlling my abs onstage," Winklaar said of the area he's focusing on most this off-season. "If I can do that, I think my placings will be higher."

He may be right, but in the meantime he won't let up on his leg training while fine-tuning his six-pack. "I think my legs are big enough to keep me competitive in major shows like the Mr Olympia, but they can always be bigger."



## ROELLY WINKLAAR STATS



**HEIGHT** 170cm **WEIGHT** 112kg **BIRTH DATE** June 22, 1977

**RESIDENCE** Willemstad, Curaçao (Caribbean)

**NICKNAME** The Beast or Samurai

**CAREER HIGHLIGHTS** 2009 IFBB Arnold Amateur winner; 2010 New York Pro, 1st; 2012 Nordic Pro, 1st; 2013-2014 Chicago Pro, 1st; 2014 Nordic Pro, 1st





# SAFETY BAR SQUAT



**START** Put a safety squat bar in a power rack at about chest height. Get underneath the bar so that it's resting high on your upper traps, with the pads on top of your shoulders extending forward and angled slightly downwards – the intended position of a safety squat bar. Unrack the bar, step back and begin in an upright position with your feet hip/shoulder-width apart (just as you would with a standard barbell squat). With your hands, either hold on to the columns of the power rack for support or grasp the ends of the bar in front on your shoulders (as Winklaar is doing in the photo).

**EXECUTION** Keeping your back flat, bend your knees to lower yourself straight down as if sitting down in a chair. When your thighs are parallel with the floor, forcefully contract your glutes and quads to stand back up to the start position without locking out your knees at the top. Focus on keeping your weight over your heels throughout; the safety squat bar should make this easier to accomplish.

**ROELLY SAYS** “I do different versions of the squat – regular barbell squats as well as squats with a safety squat bar. It's good to have variety in your workout. With squats, it's important to use a full range of motion. I don't do half reps. I don't believe in them. I go all the way down on each rep to at least [thighs] parallel to the floor.”

“WITH SQUATS, IT'S  
IMPORTANT TO USE A  
FULL RANGE OF MOTION.  
I DON'T DO HALF REPS.  
GO ALL THE WAY  
DOWN ON EACH  
REP.”





## ○ LEG PRESS

**START** Sit on a leg press machine and place your feet hip- to shoulder-width apart on the platform. Press the weight up with your legs until your knees are extended, then release the machine's safety catches. Hold on to the handles provided near the seat for stability.

**EXECUTION** Lower the weight under control until your knees form 90-degree angles or slightly less. (Your range of motion will depend on your size; go down as far as possible without letting your glutes

lift up off the pad.) Extend your hips and knees explosively to press the weight back up to the start position, stopping just short of full lockout at the top. Maintain a slight arch in your lower back throughout; don't let it round to conform with the pad.

**ROELLY SAYS** "It's very important to not straighten your legs completely at the top of the rep – this applies to all leg exercises. Locking out the knees can put stress on the joints, which can lead to injury, especially when you go heavy."

**"IT'S VERY  
IMPORTANT TO  
NOT STRAIGHTEN  
YOUR LEGS AT  
THE TOP."**





## WINKLAAR'S TWICE-A-DAY TRAINING SPLIT

DAY	MORNING	EVENING
Monday	Quads, glutes	Hamstrings
Tuesday	Chest	Shoulders, traps
Wednesday	Back	Biceps, triceps
Thursday	Quads, glutes	Hamstrings
Friday	Chest	Shoulders, traps
Saturday	Back, biceps, triceps (all done in the same workout)	
Sunday	Rest	

Winklaar trains abs and calves twice a week but not always on the same days.

## WINKLAAR'S QUAD WORKOUT

EXERCISE	SETS	REPS	REST
Safety bar squat	5	12	1 min
Leg press	5	15	1 min
Hack squat	4	10	1 min
Leg extension*	4	15	1 min

NOTES: Winklaar performs one to two light warm-up sets of leg extensions and leg presses prior to squats.

\*First two sets performed both legs at a time; next two sets performed one leg at a time (unilaterally), 15 reps per leg, per set.







## HACK SQUAT

**START** Place your back against the pads and position your feet hip-width apart in the middle of the platform. Extend your legs and grasp the handles.

**EXECUTION** Unhook the safety latches and slowly lower yourself until your thighs are below parallel with the platform. Extend your hips and knees to press yourself back up to the start position. Don't lock out your knees at the top. .

**ROELLY SAYS** "I keep my feet close together to develop the outer sweeps of the quads; when your feet are wide, it hits the inner quads more. Hack squats allow you to use a big range of motion, so I always make sure to go down as low as possible on each rep."

"I KEEP MY FEET  
CLOSE TO DEVELOP  
THE OUTER SWEEPS  
OF THE QUAD"

## LEG EXTENSION

**START** Adjust the seat of a leg extension machine so that your back is flush against the seat back and your knees are in line with the machine's axis of rotation. Begin with your legs bent at least 90 degrees and the weight lifted a few centimetres off the stack.

**EXECUTION** Contract your quads to extend your knees until your legs are completely straight. Squeeze hard at the top, then return to the start position. To keep constant tension on the quads, don't let the weight rest on the stack between reps. Stop a few centimetres shy of touching at the bottom; go right into the next rep.

**ROELLY SAYS** "I do leg extensions two different ways: both legs at a time and each leg individually. When doing both at the same time, I keep my legs in close together to target the outer sweeps, just like with hack squats. I warm up with leg extensions, but I use them at the end of my workout to carve in quad definition." **FLEX**





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BY TONY MONCHINSKI  
PHOTOGRAPHS BY CHARLES LOWTHIAN

# QUALITY TIME

LEARN THE STRATEGY FOUR-TIME MR O PHIL HEATH USED TO TURN A FORMER WEAKNESS - HIS CHEST - INTO A STRENGTH



Whether you're in a T-shirt by the pool or onstage in posing trunks, peoples' eyes are going to be drawn to your chest. And when you're onstage at the Mr Olympia competition, owning a well-developed, perfectly proportioned set of pecs is critical to standing out among a crowded field of competitors. Just ask many past champs who've sported amazing chests: Sergio Oliva, Arnold Schwarzenegger, Franco Columbu, Lee Haney, Ronnie Coleman.

Four-time defending Mr Olympia Phil Heath wasn't known for his chest early on in his professional career. The knock on Heath was that his arms and delts overpowered his pecs. People forget, however, that "the Gift" turned pro a little more than a year after he began competing – and that was only three years after he began lifting for the stage. "My first few years as a pro," he says, "I was creating more roundness, creating more of what people saw of me at the 2006 Colorado and New York Pro shows." (He won both.) This future Mr Olympia filled out his physique as he rose to dominance in the pro ranks. "I think [in 2006] I showed people I had a good physique, that I was more on the aesthetic side," notes Heath. "Now I'm a hybrid who can beat up on larger, structurally bigger guys."

At the '06 New York Pro, he also won the individual body-part awards for legs and arms. The improvements he's made in chest thickness, density and fullness are nothing short of extraordinary. As he inches closer to defending his title at the O this September, he shares the tools, both physical and mental, that he used and continues to use to sculpt a chest worthy of four Sandows – and if he has his way, a fifth.

**"SIZE ISN'T EVERYTHING. UP THERE, UNDER THE LIGHTS, IT'S ABOUT QUALITY OVER QUANTITY."**

BILL COMSTOCK







## INCLINE DUMBBELL PRESS



Heath's chest workouts have followed a specific pattern for several years now. "Wherever I am in the world," he explains, "my opening exercises are an incline press followed by flyes." Mr Olympia focuses on upper pecs, which are often neglected by beginners bodybuilders who are too concerned with how much weight they can move on their flat bench presses. "Upper pecs are so important," he says. "Especially in your side poses, where the audience and judges can see them pop."

Heath will alternate between incline dumbbell presses and Hammer Strength incline presses. "I'm doing more working sets these days," he points out, noting he will aim for three to five working sets versus his usual three of years past. "I'm focusing on strength but also being able to move the weight for at least eight reps." Even for Mr Olympia it can be tempting to go above the 150-pound (68kg) dumbbells or five plates on each side of the Hammer apparatus, but "I'm trying to be smarter than that." He rests two to three minutes between sets.



## QUALITY TIME

The incline dumbbell flye is another exercise that stimulates the upper pectoral region. When executing the movement – as well as other chest presses – Heath is careful not to tuck his chin down into his chest. “When you lower your chin, it means that the weight you’re using is too difficult,” he explains. “You’re creating more stress on yourself by doing that. You instead need to relax and open everything up. If you tilt your head back and keep it higher, you can move the dumbbell higher up on the upper pecs and be able to breathe. With incline flyes especially, I find I get better contractions with my chin higher.” Heath also avoids banging the dumbbells together at the top of his flyes or presses as a way to control the contraction.

---

**Heath suggests keeping your chin up when doing incline dumbbell flyes to allow for a greater range of motion and a stronger contraction.**



# INCLINE DUMBBELL FLYE







## SEATED CHEST PRESS

Make the most of a seated chest press by being mindful of the time under tension (TUT) instead of mindlessly or spastically knocking out your reps. "Time under tension is a good thing," he confirms. "And there's nothing wrong with doing a rest-pause set now and again. It shows that you're in control of the weight and the weight isn't in control of you. There are days you're not going to feel like going heavier – and you shouldn't. Concentrate on the concentric movement, then hold it at the top before coming down." Heath rests no more than one to two minutes between sets of the seated chest press.

## CABLE CROSSOVER

Heath does seven sets of 15 reps, resting 30 seconds between sets. He'll increase the weight from set to set only if he can maintain intensity. Heath will also vary the height of the cable handles to target different areas of the chest: high to low stresses the lower pecs; shoulder level hits the middle chest; and low to high attacks the upper pecs.



**Stretch the pecs at the bottom of the movement and squeeze them at the top.**



# PLAY TO YOUR STRENGTHS

During the past nine years, Heath has established himself as the dominant force in bodybuilding. "When I turned pro at the 2005 USAs – and during my rookie season in '06 – I think I showed people that despite not being the largest guy structurally, I'm round, separated, dry and hard. And I can compare at all the different angles," Heath says. "I was at the bottom of the heavyweight class at the USAs. I won the Colorado show at 212 pounds (96kg), and a week later at the New York pre-judging I was 208.5 (94.5kg). I'm in the high 240s (109kg+) now, and I've managed to avoid injury and establish longevity because I didn't jump up 20 pounds in one year. I stayed true to slow gains.

"Everybody wants to be bigger," he says. "Many competitors are more concerned with the scale and how they look with a T-shirt on. You know what? None of that matters when you're up onstage. Size isn't everything. Up there, under the lights, it's about quality over quantity." **FLEX**

**"NOW I'M A HYBRID WHO CAN BEAT UP ON LARGER, STRUCTURALLY BIGGER GUYS."**

## HEATH'S TRAINING SPLIT

Day 1	<b>Legs</b>
Day 2	<b>Chest</b>
Day 3	<b>Back</b>
Day 4	<b>Shoulders</b>
Day 5	<b>Arms</b>
Day 6	<b>Rest</b>
Day 7	<b>Repeat cycle</b>

## HEATH'S CHEST ROUTINE

EXERCISE	SETS	REPS
Incline dumbbell press	3-5	8-12
Incline dumbbell flye	3-5	8-12
Seated chest press	3-5	8-12
Cable crossover*	7	15

\*Performed with 30 seconds' rest between sets.









# GET STACKED

JONESING FOR A SAMBO BUT AFRAID OF WRECKING YOUR PHYSIQUE? **THESE FOUR NOVEL SANDWICH RECIPES PACK A PROTEIN PUNCH WITHOUT UNDERMINING YOUR GET-LEAN EFFORTS.**

**In many ways**, the humble sandwich is the ultimate lunch for bodybuilders. Think about it: pile smart proteins and spreads with vibrant vegetables onto healthy bread and you've assembled something with the necessary carbohydrates, amino acids and antioxidants that plate pushers need to perform – and look – their best.

But rarely do we put much thought into our sandwiches, settling for little more than the same old ham and cheese, and that can get stale fast – without providing you any advantage in the gym. Snap out of that boredom without expanding your waistline with this arsenal of protein-packed recipes featuring flavourful combinations that are perfect for lunchtime or any other time of day.

BY MATTHEW KADEY, M.S., R.D. PHOTOGRAPHS BY ANDREW PURCELL FOOD STYLING BY CARRIE PURCELL

# SMOKED SALMON

SERVES  
**4**

## ■ INGREDIENTS

**2/3 cup** light cream cheese

**2 tbsp** chopped fresh dill

**3** baby dill pickles, finely diced

**1/2** lemon, juiced

**1/4 tsp** black pepper

**8** slices rye bread

**225g** smoked salmon

**1 cup** thinly sliced cucumber

**1 cup** sliced roasted red capsicum

**2 cups** rocket

## ■ THE FOUNDATION

Take a cue from the Scandinavians and use hearty rye bread. When made from whole-rye flour, each slice can pack as much as five grams of fibre. More fibre can help improve your buff-to-blubber ratio by keeping blood-sugar spikes at bay and keeping you feeling satiated so you'll be less tempted by any junk food circulating around the office. More good news: scientists in Iceland found that a greater consumption of nutrient-dense rye bread is associated with a lower risk for prostate cancer.

## ■ THE MAIN PLAYER

Think beyond the deli counter for your sandwich protein. On top of its great taste, smoked salmon delivers laudable amounts of ultrahealthy omega-3 fatty acids. Researchers at Saint Louis University in the US determined that a higher intake of omega-3s can dampen muscle soreness associated with strenuous resistance training, as these potent fats have anti-inflammatory properties.

## ■ THE SUPPORTING CAST

Cream cheese adds a shot of protein and bone-building calcium. Red capsicum is laced with vitamin C, an antioxidant that may help lower your exercise heart rate.

## ■ DIRECTIONS

In a small bowl, stir together cream cheese, dill, dill pickles, lemon juice and black pepper. Spread cream cheese mixture on four slices of bread and top with equal amounts of smoked salmon, cucumber, roasted red capsicum and rocket. Top with remaining bread slices.

## ■ NUTRITIONAL INFO

CALORIES

**339**

PROTEIN

**20g**

FAT

**13g**

CARBS

**37g**

FIBRE

**5g**

SODIUM

**860mg**

## WHERE'S THE GLUTEN?

Gluten-free diets are all the rage these days, so it's easier than ever to find gluten-free breads. But the rules for choosing these breads should be the same as for regular versions:

**look for those made with mostly whole grains like quinoa, brown-rice flour, teff flour or whole-corn flour.** Many gluten-free breads contain too much white-rice flour, tapioca starch and potato starch – all nutritional duds. Oftentimes, gluten-free breads taste best when toasted.





# MANGO CHICKEN PITA

SERVES

4



## NUTRITIONAL INFO

CALORIES

339

PROTEIN

20g

FAT

13g

CARBS

37g

FIBRE

5g

SODIUM

860mg

## INGREDIENTS

**¾ cup** plain Greek yoghurt

**½ lime**, juiced

**1½ tsp** yellow curry powder

**¼ tsp** chilli powder or cayenne powder (optional)

**4 cups** chopped barbecue chicken

**1 mango**, diced

**½ cup** almonds, chopped

**1 celery stalk**, thinly sliced

**2 spring onions**, chopped

**4 wholemeal pitas**

**1 avocado**, thinly sliced

## THE FOUNDATION

To make sure your midday sandwiches deliver more nutrients in each bite with a lower glycaemic index, look for wheat-based bread products like pitas that are made mostly with wholemeal flour. This means the germ and bran of the wheat kernel, which harbours the lion's share of its nutrients and fibre, are present in the bread. Pay close attention to the ingredient list and steer clear of products that list wheat flour or unbleached flour as the first item, both euphemisms for lacklustre white flour.

## THE MAIN PLAYER

Consider pre-cooked supermarket or corner shop barbecue chicken your answer for a quick way to fortify sandwiches (not to mention salads) with hefty amounts of high-quality protein.

## THE SUPPORTING CAST

Loaded with muscle-building protein, Greek yoghurt is an upgrade from mayo in this chicken salad. Avocado and almonds deliver notable amounts of monounsaturated fat, which may help hone your physique. Mango adds a shot of tropical sweetness as well as a good amount of vitamin C.

## DIRECTIONS

In a bowl, whisk together Greek yoghurt, lime juice, curry powder and chilli or cayenne powder. Stir in chicken, mango, almonds, celery and spring onions. Slice pitas in half and add chicken mixture and avocado.



# BEEF SILVERBEET WRAP

SERVES  
**4**

## ■ INGREDIENTS

**2/3 cup** oil-packed sun-dried tomatoes

**1/4 cup** extra-virgin olive oil

**2 tbsp** horseradish

**2 tbsp** red-wine vinegar or sherry vinegar

**1/4 tsp** black pepper

**8** large silverbeet leaves

**500g** sliced roast beef

**2** carrots, sliced into matchsticks

**1 cup** sprouts

## ■ THE FOUNDATION

Sturdy leafy greens are a great option for those watching their carb intake. Besides the many health perks, including a payload of vitamin K, raw silverbeet is a perfect candidate for wrapping up your sandwich fillings, as it's milder in flavour than other dark greens. You'll require two silverbeet leaves per wrap – the bigger the better.

## ■ THE MAIN PLAYER

Roast beef is one of the leanest options at the deli counter. As with other red meats, slices of roast beef are a source of energy-boosting iron as well as creatine, a compound proven to boost strength in the gym.

## ■ THE SUPPORTING CAST

The zesty tomato spread in this recipe is a top-notch source of lycopene, a supercharged antioxidant shown to help lower blood-pressure numbers. Recent research suggests that sprouts – basically baby versions of items like broccoli and peas – are denser in antioxidants and vitamins than their grown-up brethren. This makes sprouts a powerful addition.

## ■ DIRECTIONS

Place sun-dried tomatoes, olive oil, 3 tbsp water, horseradish, vinegar and pepper in a blender and blend to a chunky mixture. Cut off the firm white stalks of the silverbeet leaves. Fillet off the thickest parts of the remaining stalks that run down the backsides of the leaves. To make one wrap, place two leaves head to foot (stalks at opposite ends) and partially overlap the leaves. Apply some of the tomato spread down the centre lengthwise, then top with roast beef, carrots and sprouts. Tightly roll the leaves, beginning from the bottom wider end, tucking in the sides as you go. Cut in half to serve.

## ■ NUTRITIONAL INFO

CALORIES

**407**

PROTEIN

**36g**

FAT

**25g**

CARBS

**12g**

FIBRE

**5g**

SODIUM

**148mg**





# SARDINE WALNUT

SERVES  
**4**



## ■ INGREDIENTS

- ½ cup** walnuts
- 2 tbsp** extra virgin olive oil
- 2** garlic cloves, chopped
- ¼ tsp** chilli powder
- 1** zucchini, shredded
- 1** medium carrot, shredded
- ⅓ cup** flat-leaf parsley, chopped
- ⅓ cup** raisins
- 2 tbsp** apple-cider vinegar or white-wine vinegar
- ¼ tsp** salt
- 8** slices sourdough bread
- 4** (100g) tins water-packed sardines

## ■ THE FOUNDATION

Sourdough bread might often be made with white flour, but a recent Canadian study discovered that this bread causes less of a spike in blood-sugar levels than regular white or even wholemeal types. Fermentation caused by the sourdough bacterial culture dampens the bread's impact on your blood sugar. Make sourdough work even better for you by looking out for wholegrain versions such as rye from small-scale local bakers.

## ■ THE MAIN PLAYER

Sardines prove that good things come in small packages. Among their nutritional highlights are a boatload of muscle-friendly omega 3 fats, protein and vitamin D. Scientists at the Harvard School of Public Health in the US reported that vitamin D is involved in the production of testosterone in men. As the body's most potent anabolic hormone, more naturally circulating T can bring about more lean muscle mass.

## ■ THE SUPPORTING CAST

The walnut spread adds crunch as well as additional omega-3s. Carrots are a leading source of beta-carotene, which can be converted to vitamin A in your body to ramp up immune, eye and bone health.

## ■ DIRECTIONS

Blend together walnuts, olive oil, 2 tbsp water, garlic and chilli powder into a chunky mixture; add extra water or oil if needed. In a bowl, toss zucchini, carrot, parsley, raisins, vinegar and salt.

Divide walnut mixture among 4 slices of bread and top with an equal amount of sardines and slaw. Top with remaining slices of bread.

## ■ NUTRITIONAL INFO

CALORIES

**506**

PROTEIN

**29g**

FAT

**42g**

CARBS

**26g**

FIBRE

**3g**

SODIUM

**947mg**





BY MATTHEW KADEY    PHOTOGRAPHS BY BRIAN KLUTCH

GO





# DIP

HOMEMADE CONDIMENTS CAN REFRESH BORING FOOD  
WHILE KEEPING YOUR DIET ON TRACK



**Eating bland chicken,** dry steak and undressed steamed vegetables gets old quick. Yet many bodybuilders continuously shovel flavourless food down their throats in fear that any and all add-ons will jeopardise their physiques. Along with herbs and spices, condiments used as dips, spreads and dressings can spruce up dull fare without causing total diet annihilation – especially when they're homemade. Many shop-bought condiments rely on synthetic ingredients and sugar to create a longer shelf life and boost flavour. Unfortunately, those same ingredients can kill your shred.

The DIY condiments we're offering replace some of those lab-derived ingredients with better options that put you in control. Now you'll know exactly what's going onto your food and into your body. To make them, all you need are a handful of fresh ingredients, a blender or food processor and a dash of patience. No goofy chef's hat or novelty apron required.





## ● BARBECUE SAUCE

Serves 8

Many BBQ sauces are sugary and contain emulsifiers – additives that keep ingredients from separating. A study published in the journal *Nature* found that emulsifiers altered the make-up of bacteria in the colon, leaving subjects (in the study, mice) more susceptible to diseases associated with gut inflammation. Our BBQ sauce upgrade relies on natural sweeteners like puréed dates, which provide you with fat-fighting fibre and a potassium and magnesium boost.

### Ingredients

½ cup pitted dates	1 tsp smoked paprika
1 cup plain tomato sauce	2 shallots, finely chopped
¾ cup strongly brewed coffee, cooled	1 tsp cumin powder
¼ cup cider vinegar	1 tsp garlic powder
2 tbsp tomato paste	½ tsp allspice powder
1 tbsp unsweetened cocoa powder	½ tsp salt
2 tsp Worcestershire sauce	¼ tsp black pepper

### Directions

Place dates into a bowl filled with ½ cup of hot water, let soak 30 minutes, then blend all ingredients until smooth. Put the mixture into a partially covered saucepan over medium heat and let simmer. Stir occasionally until slightly thickened. Let cool, then transfer to a sealable container.

### Per serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
45	1	11	0

## ● RANCH DRESSING

Serves 4

Many shop-bought ranch dressings rely on vegetable oil, sugar and chemically-altered starches to improve texture. Our ranch includes Greek yoghurt and more buttermilk than traditional recipes to up the protein content.

### Ingredients

¾ cup plain low-fat Greek yoghurt
⅓ cup buttermilk
1 garlic clove, minced
1 tsp cider vinegar or white wine vinegar
1 tsp lemon zest
½ tsp Dijon mustard
¼ tsp salt
¼ tsp black pepper
2 tbsp dill, finely chopped

### Directions

Add yoghurt, buttermilk, garlic, vinegar, lemon zest, Dijon mustard and salt and pepper into a mixing bowl; whisk. Add more yoghurt or buttermilk, respectively, if the mixture is too watery or thick. Toss in dill and stir. Transfer mixture to a glass jar, cover and store in the refrigerator for up to one week.

### Per serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
40	5	3	1

## ● CHIPOTLE KETCHUP

Serves 6

Subbing in sun-dried tomatoes and chipotle peppers for sweeteners like sugar provides an intense, natural tomato flavour with a kick of heat.

### Ingredients

1 cup oil-packed sun-dried tomatoes, drained
2 tbsp red wine vinegar
2 tsp honey
1 small chipotle chilli pepper in adobo sauce
½ tsp garlic powder
½ tsp onion powder
½ tsp salt

### Directions

Place tomatoes into a mixing bowl, add 1½ cups boiling water and cover for 30 minutes or until soft. Place all ingredients into a blender; blend to a smooth paste. (If it's too pasty, add water in 1-tbsp amounts until desired consistency is reached. Transfer to a glass jar, seal it and allow the mixture to chill at least 24 hours. Use for up to two weeks.

### Per serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
30	0.5	5	1





## CONDIMENT KINGS

According to research from Euromonitor International, in 2014 Australia's per capita consumption of sauces, dressings and condiments was 14.6kg.

## ● GARLIC YOGHURT MAYONNAISE

Serves 4

Commercial mayo is high in fat, pro-inflammatory omega-6 oils and artificial ingredients. Low-fat and low-calorie mayonnaises are high in sugar. Using Greek yoghurt provides you with probiotics to aid gut and immune health and bolster fat-burning efforts. And, garlic and olive oil can help keep cholesterol numbers in check and control insulin levels.

### Ingredients

4 garlic cloves, unpeeled	1 cup plain low-fat Greek yoghurt
1 tsp olive oil	
1 tbsp Dijon mustard	1 tbsp fresh lemon juice

### Directions

Place unpeeled garlic cloves in a microwave-safe dish with olive oil. Nuke them with high heat for 1 to 1½ minutes or until soft. Peel the garlic cloves, mash with a garlic press and finely chop. Mix together garlic, Dijon mustard, Greek yoghurt, lemon juice and add salt to taste. Chill for up to one week.

### Per serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
62	6	4	2

## ● DIJON MUSTARD

Serves 12

Mustard seeds are full of magnesium and the antioxidant selenium; the duo has been shown to reduce inflammation and ward off muscle pain. Restaurant mustards routinely add vinegar to their formula, which can cut down on the amount of selenium and dilute the mustardy flavour.

### Ingredients

¼ cup yellow mustard seeds	⅓ cup white wine vinegar
2 tbsp brown mustard seeds	1 tbsp honey or pure maple syrup
2 tbsp yellow mustard powder	½ tsp salt
⅓ cup dry white wine	

### Directions

Put ingredients into a glass jar or stainless-steel bowl. Cover and let stand for two to three days at room temperature. Place the ingredients in a blender and blend until smooth. Add warm water in 1-tbsp increments if the mustard is too thick. Transfer to a glass jar, seal shut and refrigerate for up to one month. **FLEX**

### Per serving

CALORIES	PROTEIN (g)	CARBS (g)	FATS (g)
40	1	3.5	1



FLEX MAGAZINE PRESENTS

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THE  
INCREDIBLE

# HULK

PROGRAM

SHOT ON  
LOCATION  
AT POWERHOUSE  
GYM, DOWNTOWN  
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WUEBBEN  
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BY BOB  
CROSLIN

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138

WITH  
ERIC FLEISHMAN

YOU DON'T NEED GAMMA RADIATION  
TO GET BIG AND STRONG—  
JUST A GOOD GYM AND A DESIRE TO

# SMASH!

STARRING:  
**BEN  
PAKULSKI**



FLEX





**T**ake a look around the next time you're walking down the street. You'll notice a lot of dissatisfied men—men who feel they have a bit too much Bruce Banner in them and not enough Incredible Hulk (the size and strength of the Hulk, mind you, not all the rage and destructiveness). Afterward, take a look in the mirror. Are you one of these men? If so, you need a training protocol that will considerably enhance your muscular size, strength, and power—if not quite to Hulk proportions, then, at the very least, surpassing Banner's.

To deliver such a program, we enlisted Hollywood celebrity trainer Eric Fleishman (aka "Eric the Trainer"), owner of the fitness company ETT Corp. ([ericthetrainer.com](http://ericthetrainer.com)) and a bona fide comic-book buff.

"I based the following workouts off my Sleeping Giant program, which is what we use to transform the bodies of Hollywood actors," says Fleishman, who suggests you do his Hulk program for four weeks while following a proper mass-building diet.

Is there a sleeping giant within you? If so, this is the workout you'll need to awaken your own inner Hulk.

### **"TRIANGLE OF POWER" DUMBBELL ROW**

Place your right knee and right hand on a flat bench, and bend at the waist so your back is flat and your torso is roughly parallel to the floor. With your left hand in a neutral grip, pull a heavy dumbbell to your ribs, hold for a second, then return to a dead-hang position. Switch sides and repeat for designated reps.



## **MONDAY**

This push-pull workout will crush your upper body. Go heavier every set throughout the program to build both size and strength!

## **CHEST + BACK**

EXERCISE	SETS	REPS
Barbell Bench Press	4	10, 8, 6, 6
"Upper Force" Incline Dumbbell Press	4	10, 8, 6, 6
Weighted Pullup	3	8, 6, 4
"Triangle of Power" Dumbbell Row	3	8, 6, 4
"Bully" Deadlift	3	8, 8, 6



## TUESDAY

The Hulk's legs are enormous and crazy strong. Heavy, compound lower-body moves are the only way to build your own pair of hulking legs.

### LEGS + ABS

EXERCISE	SETS	REPS
Barbell Squat	4	10, 8, 6, 6
Leg Press	3	12, 8, 6
Lying Leg Curl	3	10, 8, 6
Standing Calf Raise	3	12, 10, 8
Box Jump	4	15, 10, 8, 8
Walking Lunge	3	For distance
Crunch	3	25, 25, 25
Twisting Medicine Ball Throw	3	20 per side
Compact Car Push	1	½ mile

#### BARBELL SQUAT

With a loaded barbell sitting on your traps and your feet shoulder-width apart, push your hips back and down and descend into a squat until your thighs are parallel to the floor. Keeping your head and chest up, push with your hips, hamstrings, and quads to return to a standing position.



# WEDNESDAY

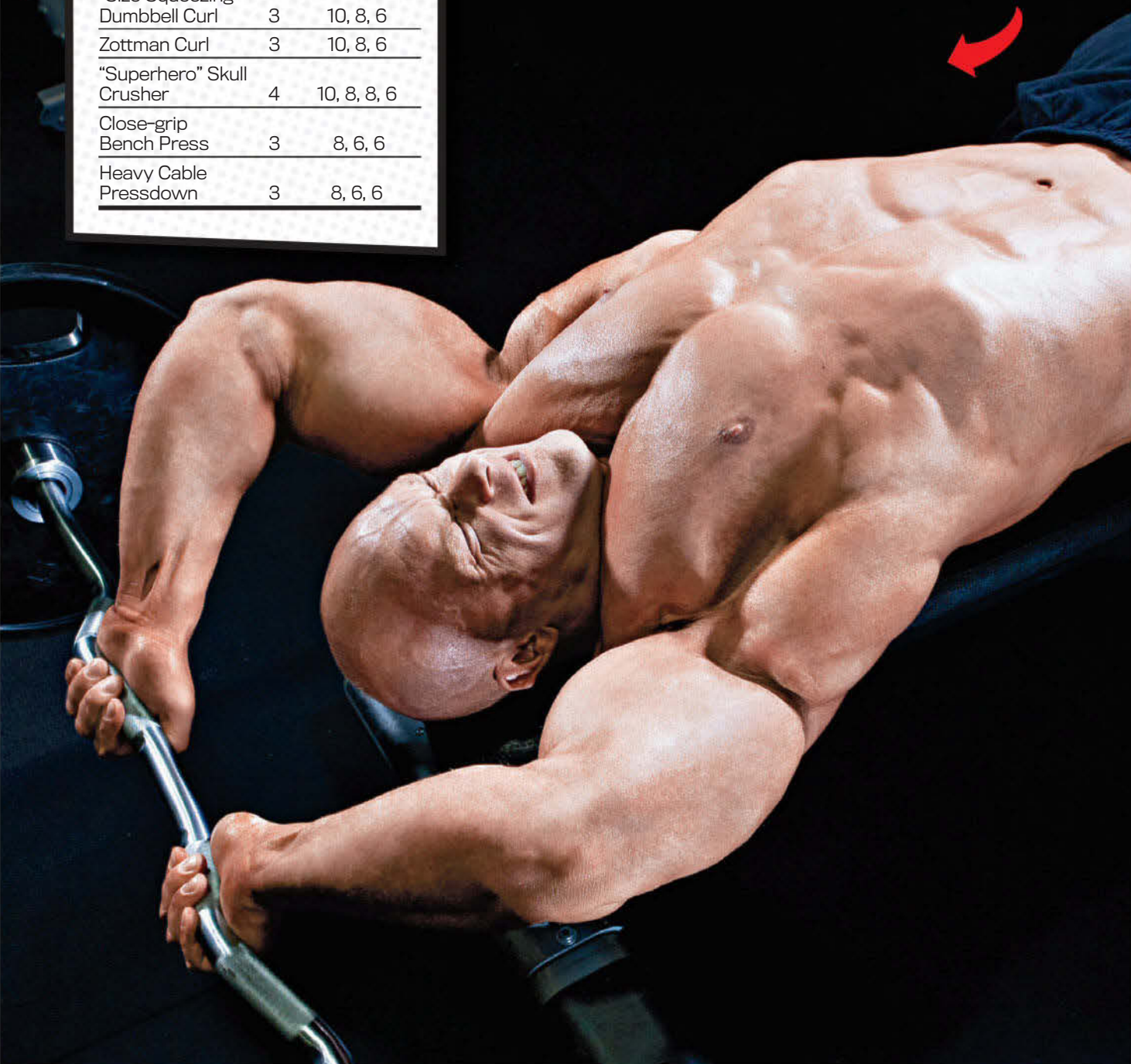
If you want Hulk-like arms, you'd better be prepared to blast them with big weight and explosive movements.

## ARMS

EXERCISE	SETS	REPS
Barbell Curl	4	10, 8, 6, 6
"Size Squeezing" Dumbbell Curl	3	10, 8, 6
Zottman Curl	3	10, 8, 6
"Superhero" Skull Crusher	4	10, 8, 8, 6
Close-grip Bench Press	3	8, 6, 6
Heavy Cable Pressdown	3	8, 6, 6

### "SUPERHERO" SKULL CRUSHER

Bring the bar straight down to your nose, then continue the motion across the face, following the contour of your head, bringing the bar down toward the floor so that your triceps are almost parallel to the floor. Then follow that same track back in an arc. By rounding out the motion, it allows you to overload and challenge the triceps without having any elbow discomfort.





### SEATED DUMBBELL OVERHEAD PRESS

Grip the dumbbells on the outer part of the handle (not in the middle) so that your hands are up against the plates. With your elbows flared out to the sides, the dumbbells will tilt slightly inward, which puts more pressure on the shoulders. As you drive up, you should feel a stretch in the pecs the entire time. That's how far back you want to reach with the elbows—not so far back that you're going to hurt yourself, because the weights are directly over the shoulders. Again, it's a limited range of motion—same as with the barbell overhead press.



## FRIDAY

You'll notice we also trained back on Monday. This is because back is a crucial body part. And we're not just talking about the thickness of the back, like when viewed from the side. From straight on, the shoulder-to-waist differential must be impressive.

## SHOULDERS + BACK

EXERCISE	SETS	REPS
Behind-the-neck Barbell Overhead Press	4	12, 8, 6, 6
Seated Dumbbell Overhead Press	3	8, 6, 6
Seated Dumbbell Lateral Raise	3	10, 8, 6
Heavy Dumbbell Shrug	3	8, 8, 6
Drywall Shoulder Smash	3	1
Barbell Reverse-grip Deadlift	3	8, 6, 6
"Wide as Possible" Lat Pulldown	4	10, 8, 8, 6
Hammer Strength Row	3	8, 8, 6
T-shirt Tear	1	1



# SATURDAY

For how massive he is, the Hulk has incredible functional strength, so our goal is to merge bodybuilding with the worlds of function, agility, strength, and endurance.

## FUNCTIONAL MOVEMENTS

EXERCISE	SETS	REPS
"Pec pounding" Pushup	3	40, 60, 100
Wide-grip Pullup	3	8, 15, 25
Wind Sprint	3	15-25 seconds
Dip	3	12, 20, 30
Box Jump	3	15, 20, 25
Heavy Bag	3	40 punches per arm

**DIP**  
Keep your feet in front of your body in a pikelike position, and as you lower yourself, flare your elbows directly out to your sides. This thrashes the lower pecs like few exercises can.



## THURSDAY & SUNDAY

Eat, rest, and grow today. On a mass- and strength-building program, the time spent away from the gym is just as important as the time in the gym, because you only grow when you sleep. Make rest a priority.

## SUPERSIZE NUTRITION

A hulking body requires big eating. This meal plan is designed for a 180-pound body; if you're bigger or smaller, adjust all foods proportionally. Follow this diet for up to eight weeks before reverting back to your puny self.

### BREAKFAST

4 jumbo eggs  
1 cup oatmeal  
1 orange

### MIDMORNING SNACK

8 oz chicken breast  
2 slices whole-grain bread  
½ avocado

### LUNCH

8 oz salmon fillet

1 cup whole-wheat pasta

1 cup mixed vegetables

### PRE-WORKOUT

1 scoop whey protein  
1 large apple

### POST-WORKOUT

2 scoops whey protein  
32 oz Gatorade  
20 gummy bears

### DINNER

8 oz 95% lean ground beef  
1½ tbsp olive oil  
2 cups mixed vegetable salad  
1 hamburger bun

### BEDTIME SNACK

2 scoops casein protein  
2 small nectarines

## APPROX. DAILY TOTALS

**3,920 CALORIES**

**355g PROTEIN**

**400g CARBS**

**100g FAT**



# FULL KNOTS

**ACHIEVE SUPERHUMAN SIZE  
WITHOUT THE GAMMA RADIATION**





BY TEAM FLEX

With the new *Avengers* movie, *The Age of Ultron*, in theatres now, *FLEX* is paying tribute to our favourite superhero, the Mean Green Machine himself, the Incredible Hulk. For bodybuilders, the Hulk is the Holy Grail of muscle. He gets mad, he gets big, he gets madder, he gets bigger and so on. (Think of the green skin tone as a bottle of 1980s fake tan.) So as a supplement to our other Hulk-related features, we're bringing you the workouts and training strategies of five mortals who have come as close as anybody to matching the size and strength of the gamma-ray-induced mutant.



# MARKUS RÜHL

Born: February 22, 1972  
Height: 178cm  
Weight: 130kg

**"'Big' for me  
starts at  
280 pounds  
(127kg)."  
— MARKUS RÜHL**

## RÜHL'S OF ENGAGEMENT

Combine low-rep compound exercises with high-rep isolation exercises.

Achieve a maximum burn in the muscle by doing a basic free-weight exercise, and then follow it immediately with another exercise that targets the same area of the muscle (example: standing barbell curls followed by seated barbell curls).

Instead of simply lifting the weight, squeeze your biceps at the bottom of the movement, maintain tension throughout the rep, and finish with a strong contraction at the top.

## RÜHL'S BICEPS WORKOUT

EXERCISE	SETS	REPS
Barbell curl	6	4-30
Seated barbell curl	4	6-30
Dumbbell curl	6	6-20
Preacher curl	4	4-20
Cable curl	4	4-20



# GÜNTER SCHLIERKAMP

**Born:** February 2, 1970

**Height:** 185cm

**Weight:** 136kg

## GERMAN ENGINEERED

Use heavy weight, but never so heavy that you compromise form and flirt with injury.

Incorporate variety into workouts by including different exercises, changing foot placement or doing a different set and rep scheme from your usual routine.

Push working sets to failure to stimulate growth.

## SCHLIERKAMP'S LEG WORKOUT

EXERCISE	SETS	REPS
Leg extension	4	20
Leg press	4	15-12
Hack squat	4	15-6
Smith machine squat	4	15-6
Leaning leg extension	4	15-12



**"I eat three hours before a leg workout. If I eat too close to a leg workout, with the pace we go, I would throw up." – GÜNTER SCHLIERKAMP**





**"A lot of bodybuilders claim to be the strongest. But how many of them have a belt at home that says 'World's Strongest Bodybuilder?'"**

**— JOHNNIE JACKSON, 2009 OLYMPIA WORLD'S STRONGEST BODYBUILDER**

# JOHNNIE JACKSON

**Born: January 30, 1971**

**Height: 172.5cm**

**Weight: 115.5kg**

## TREASURE CHEST

Free-weight movements like bench presses and incline presses with both barbells and dumbbells should form the core of your workouts to build a solid foundation of size.

Attack your chest from multiple angles, using the flat, incline and decline benches to work all areas of your chest.

Keep your chest high and shoulders back to maintain stress on the pecs.

## JACKSON'S CHEST WORKOUT

EXERCISE	SETS	REPS
Incline press	4	8-12
Dumbbell bench press	4	8-12
Seated machine press	3	8-12
Cable crossover	3	10-15



# ZACK KHAN

**Born:** July 1, 1980

**Height:** 180cm

**Weight:** 115.5kg

## WRATH OF KHAN

Presses allow you to use the most weight, so always include some form of them (barbells, dumbbells, machines) in your workout.

If your side delts are lagging, prioritise them by starting the workout with lateral raises.

Do not neglect rear deltoids. When properly developed, they will add thickness and depth to all side poses.

## KHAN'S SHOULDER WORKOUT

EXERCISE	SETS	REPS
Lateral raise	2	60
Dumbbell press	3	15-18
Partial lateral raise	3	30
Bentover lateral raise	2	20
Contraction lateral	2	20

**"Once you start lifting and growing, you have to use heavier weights. You need heavier weights to overload the muscles and make them grow." – ZACK KHAN**







**KAI  
GREENE**

**Born:** July 12, 1975  
**Height:** 172.5cm  
**Weight:** 122.5kg

## GREENE DAY

There is no one magic exercise for the back. It needs to be trained for both width and thickness. That means all the different types of rows and all variations of pull-ups and pulldowns.

Learn to connect your mind to the muscle. When doing rows, instead of simply pulling with your arms, feel it in your lats, rhomboids, teres major, teres minor and all the other muscles of the back you are trying to build.

Go to the gym with a specific workout plan, but don't be afraid to deviate based on how your body is feeling that day.

## GREENE'S BACK WORKOUT

EXERCISE	SETS	REPS
Wide-grip pullup	4	8-15
Lat pulldown	4	8-15
Barbell row	4	8-15
T-bar row	4	8-15
Seated cable row	4	8-15

**"To become a champion, to be the best, it can't boil down to a formula of sets and reps. It's the accumulation of all the knowledge and training that person has done over the years."** — KAI GREENE





# SPORTS NUTRITION

TRAIN HARD » LIVE LARGE

## PERFORMANCE & MAINTENANCE

### BENEFITS - BCAA

- » Supports healthy muscle recovery
- » Muscles have an increased need for BCAAs during time of intense exercise
- » Contains branched chain amino acids, which are involved in the synthesis of the amino acids alanine and glutamine.

### BENEFITS - CREATINE

- » Supports muscular gains
- » May assist in enhancing high intensity exercise performance
- » Fast absorbing

### BENEFITS - GLUTAMINE

- » Supports muscle repair after exercise
- » Helps maintain glutamine levels during periods of physical stress
- » Boosts immune system



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BY JAMES RILEY PHOTOGRAPHS BY PER BERNAL





# BACK TO WORK

EDUARDO CORREA FOCUSES ON BUILDING THE BACK THAT WILL WIN THE OLYMPIA 212 SHOWDOWN



**Although he only moved up one spot** from his previous best, Eduardo Correa made a giant leap forward when he finished as runner-up to Flex Lewis at the 2014 Olympia 212 Showdown, breaking out of the three-spot, where he'd been locked for three of his last four O appearances. Less than six months later, at the 2015 Arnold Classic, came Correa's chance for another leap forward - Lewis, the previous year's Arnold winner, was sitting on the sideline, and Correa would be going up against the guys he had just beaten six months earlier.

Well, it didn't work out as hoped. There was forward movement in that Correa jumped seven spots from his Arnold Classic debut three years before. However, the outcome also clouded the aura of inevitability Correa hoped to present to Lewis in the fall, as Correa finished third behind winner Jose Raymond and runner-up Hidetada Yamagishi, two pros he'd last seen in the rearview mirror at the 2014 O.



# TWO STEPS FORWARD, ONE STEP BACK.

## THE CLIMB

"Frog in a well" is an expression that describes a challenge requiring strenuous effort – for every two rungs the amphibian climbs upwards to escape the well, it slides back one. The phrase is generally offered as both encouragement and sympathy; the idea is that the frog will reach the top but that the climb will be arduous.

While arduous would hardly be the word to describe Eduardo Correa's rapid rise through the IFBB Pro League ranks – in 2009, his first year in the pros, he won the Pittsburgh Pro 202 and then placed third in his first appearance at the Olympia 202 Showdown – it is a fitting word to describe the back-and-forth battle taking place just below the top of the 212 division. There has been a lot of jostling among the ranks to be seen as the biggest threat to Lewis' three-year reign atop the 212 division, and the results last fall in Vegas seemed to solidify Correa's claim to the role of top challenger.



## DEADLIFT

"Your core has to be strong to make a lot of improvement in the back and legs," Correa says. Powerlifting provided that core, a foundation and base for Correa to build upon. "Powerlifting is a very different sport from bodybuilding – the routines, the diets, the cardio – but because I have that foundation I know how to show some sensibility and not hurt my body.

"Basic exercises like deadlifts are really important, although it is essential to remember the aesthetic goal." To that end, Correa focuses on contracting his scapulas back to target his inner, upper back. "It's not enough to just pull – you have to establish a mind-muscle connection."



## CHUTES AND LADDERS

In 2010, Brazilian-born Correa confirmed that his debut year in the IFBB Pro League was not a fluke by taking third at the 202 at a second time. However, a foray into the open ranks at the 2012 Arnold Classic did not end as well, giving him his only finish out of the top five in his career. Two steps forward, one step back. And then another step forward with his third O third-place finish, this time at the inaugural 212 Showdown in 2012.

Correa's climb suffered a major setback in 2013 when, following an injury, he finished fifth at the O, at the back of the pack of his closest competitors. Correa managed to take some encouragement from the setback, noting that his top-five finish happened even though he was competing at less than his best.

## T-BAR ROW

Correa believes rowing exercises are the best for building back thickness and for working the upper and lower back. T-bar rows, Hammer Strength high and low rows, one-arm dumbbell rows and seated machine and cable rows have all played a role in adding 3D topography to his back.

## CORREA'S STATS

**AGE** 33

**HEIGHT** 167.5cm

**WEIGHT** 96kg

**LIVES**

Brazil

**CAREER HIGHLIGHTS** 2015 Arnold Classic, 3rd; 2014 Olympia 212 Showdown, 2nd; 2013 Olympia 212 Showdown, 5th; 2012 Olympia 212 Showdown, 3rd; Prague Pro 212, 3rd; Valenti Cup 212, 1st; 2010 Olympia 202 Showdown, 3rd; Europa Show of Champions 202, 1st; 2009 New York Pro 202, 4th; Olympia 202 Showdown, 3rd; Pittsburgh Pro 202, 1st; 2008 Arnold Amateur light-heavyweight, 1st.



# HAMMER STRENGTH MACHINE ROW

Correa frequently changes his grip on all his rowing exercises. He might use an underhand grip for one workout and then switch to a parallel or overhand grip the next. He does this because it changes the angle at which the exercise hits the muscle. "I'm always alternating between grips to work specific areas of my back and increase the thickness," he says.

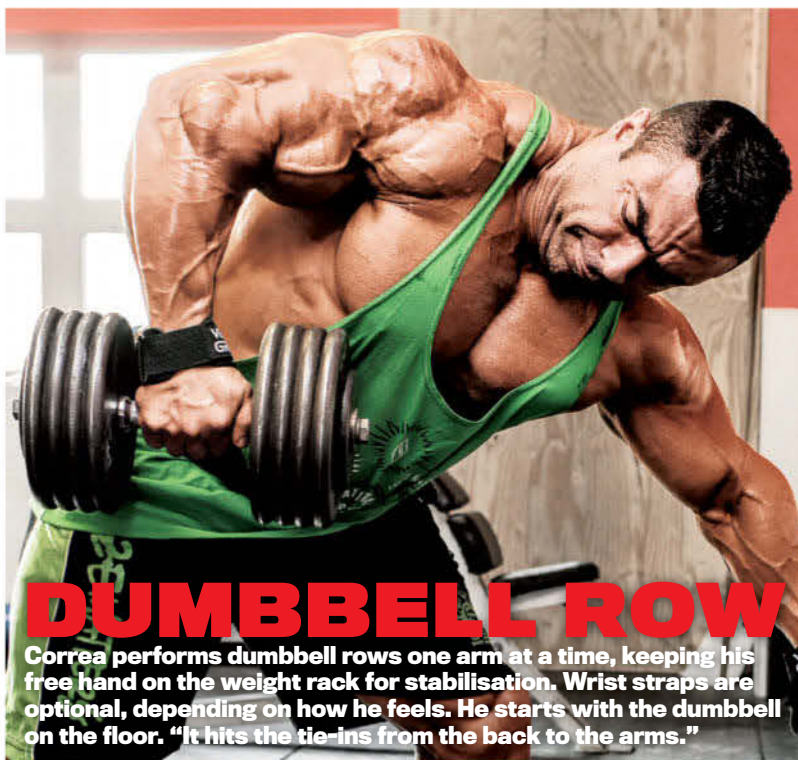


## THE TOP RUNG

With the 2015 Arnold out of the way, Correa, 33, is looking forward to the O Showdown while training regularly at World Gym in his hometown of Florianópolis under the guidance of trainer and nutritionist Chris Aceto.

To take the next step forward onstage, he needs to improve. But where to start? Some have said that Lewis outshone Correa last autumn on the back shots and that this helped Lewis clinch his third Sandow. Others say it was Correa's density and back detail that got him to the final two in the first place. Regardless, on any Olympia stage, the back is the great decider, and Correa's back density is a great argument in his favour. A strong back is a necessity for any challenging climb.

Correa is focused on that final rung to the top. So he goes back to concentrating on the work ahead, perfecting that package he will bring to the Olympia 212 Showdown in Las Vegas in September. For Correa, the next step forward starts with his back.



## DUMBBELL ROW

Correa performs dumbbell rows one arm at a time, keeping his free hand on the weight rack for stabilisation. Wrist straps are optional, depending on how he feels. He starts with the dumbbell on the floor. "It hits the tie-ins from the back to the arms."



# NARROW-GRIP PULLDOWN

Since severing his triceps tendon before the 2014 Olympia, Correa places even more emphasis on stretching, warming up, and finding smarter ways to train and recover. "You have to listen to your body," he explains, "so you know when to push and when to back off."



## SEATED MACHINE ROW

Correa performed seated machine and cable rows towards the end of this workout, but he switches the exercises in his workout and their order on a regular basis. His reps vary depending on the exercise, with Correa rarely doing less than 10 reps – and he sometimes will go as high as 20 in a final set.







**CORREA'S WIDE, THICK, HANGING LATS ARE THE PRODUCT OF A STRONG MIND-TO-MUSCLE CONNECTION.**

**CORREA'S TRAINING SPLIT**

DAY	WORKOUT
1	Legs
2	Chest, biceps
3	Off
4	Back
5	Legs
6	Shoulders, triceps
7	Off



# SEATED CABLE ROW

The most striking part of Correa's back routine is the variety of ways he works his muscles. Although he professes not to be worried about weight, volume is definitely part of his workout focus. In this routine, he does nine exercises for his wide and detailed back, attacking it from every direction.



# V-BAR PULLDOWN

Correa has never been worried about hefting the heaviest weights. "Don't worry about the amount of weight," Correa says, his arms over his head, his biceps nearly brushing his ears as he pulls at the handle. "Keep the focus on getting a full stretch and contraction. Strength will increase in time."







## LAT PULLDOWN

Correa likes to do this one with a reverse grip as well, and he also does a reverse-grip one-arm variation using a handle instead of a bar. Whatever the variation, with a little sway of body momentum he pulls down until his arms form right angles, about midchest. "You have to consciously think about the muscles or areas of muscles you want to target when you do each exercise. Forget about the weight's movement. Focus on the tension." **FLEX**

### CORREA'S BACK ROUTINE

EXERCISE	SETS	REPS
Deadlift	3	10-12
T-bar row	5	12
Hammer strength row	3	10-12
One-arm dumbbell row	4	12
Narrow-grip pulldown	3	10-12
Seated machine row	3	15
Seated cable row	3	10-12
V-bar pulldown	4	12
Lat pulldown	3	10-12



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# THE SHOT



## ARNOLD SCHWARZENEGGER

### PEAK MEASUREMENTS

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Weight **109kg**

Chest **145cm**

Arms **56cm**

Waist **86.5cm**

Thighs **68.5cm**

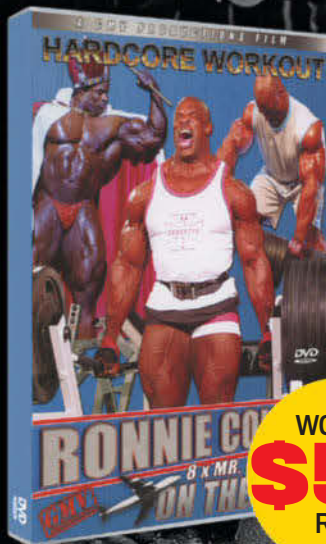
Calves **51cm**



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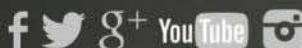
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